

Kristi R.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in English/Child Development from California State University Sacramento
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- Yoga
- Weight lifting
- Cooking and nutrition
- Playing outside
- Reading



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24hourfitness.com/personaltraining

Club ID: 598