

Rachel C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Health Promotion from University of North Texas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Dance
- Hiking
- Group fitness



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