

# Rachel F.

## Education & Certifications

- BS in Animal Science from Colorado State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Hobbies and Achievements

Running



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 663

