

# Ashley R.



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

## Education & Certifications

- BS in Health and Exercise Science from Colorado State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Snow boarding
- Running
- Crafts
- Hiking



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