

Berny K.



Master Trainer
Team Member Since: 2000
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Dancing
- Weight training
- Animals
- Dutch nationals 2nd place powerlifting 1995



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