

Rae V.



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

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Fitness Social Media and Blogging
- Hiking, Rock Climbing and Yoga
- Snowboarding and Surfing
- Adventure Sports and Traveling
- Baking Healthy Desserts



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24hourfitness.com/personaltraining

Club ID: 803