

# Rowena K.

## Education & Certifications

- MA in Education from Sacramento State University
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



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

## Hobbies and Achievements

- Working Out
- Reading
- Music and Dance



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)