

Kristen N.



**Certified Personal Trainer
Team Member Since: 2010**

Education & Certifications

- BS in Electrical Engineering from DeVry Institute
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Hanging out with my 4 children
- Weight Training
- Conquering Mud Runs
- Photography
- Camping and Fishing



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