

# 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



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

Club ID: 836