

Amy K.



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

Education & Certifications

- BS in Nutrition and Fitness from Colorado State University
- ? in Culinary Arts from Scottsdale Culinary Institute Le Cordon Bleu
- AED (Automated External Defibrillator)
- CPR Certification

Hobbies and Achievements

- Hiking, biking, swimming, tennis, diving and roller blading!
- Cooking and designing healthy recipes
- Alligator Wrestling
- Going to the park with Mr. Cheddar (my dog)



**For more info about this trainer,
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24hourfitness.com/personaltraining