

# 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,  
scan this code with your smart phone or visit:**

**[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)**