

Caryn A.



**Certified Personal Trainer
Team Member Since: 2004**

Education & Certifications

- BA in Psychology from California State University Northridge
- AED (Automated External Defibrillator)
- American Fitness Professionals and Associates Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Les Mills BODYPUMP Instructor
- Certified Schwinn Cycle Instructor
- Taught over 3800 Group X Classes
- Certified Yoga Instructor
- 2012 AVC 1st Place Yoga Speech



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 878

