

# Kristina H.

## Education & Certifications

- BA in Architecture from University of San Francisco
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Hobbies and Achievements

- Professional Soccer Player for the Bay Area Breeze.
- Snowboarding and outdoors sports.
- Currently coaching youth soccer.



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

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

Club ID: 885

