

Kris W.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in French from University of Utah
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Soccer
- Martial Arts
- Mountain biking
- SkiingCooking



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