

# Kat C.



**Master Trainer**  
**Team Member Since: 2009**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- MA Degree in Integrated Marketing/Communication from Emerson College
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Yoga Alliance 500 Hours Registered Yoga Teacher
- Prenatal/Postnatal Yoga and Exercise Specialist
- Therapeutic Yoga for Osteoporosis & Arthritis
- Pilates



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

Club ID: 906