

# Caryn A.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Kinesiology: Exercise Science from California State University, Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Rowing
- Hiking
- Outdoor activities



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

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

Club ID: 910

