

Rachel B.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Psychology and Communication Studies from University of Montana
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Spending time with my husband and family
- Being outside, hiking, biking
- Snow and water sports
- Coaching and playing volleyball
- Expanding my knowledge of health and fitness



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

24hourfitness.com/personaltraining