

# Karen C.



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

## Education & Certifications

- BS in Kinesiology from University of Wyoming
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Winter sports
- Singing



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