

# Tina B.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**TC24 Coach**  
**Team Member Since: 2008**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Literature from University of California Santa Cruz
- AED (Automated External Defibrillator)
- American Council on Exercise - Health Coach
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Played 4 years NCAA Basketball
- Played 1 year NCAA Softball
- Completed numerous mud runs: Tough Mudder, Warrior Dash, Gladiator Run
- Avid snowboarder and surfer



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

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

Club ID: 090

