

# Andrea K.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Blogs about fitness results & nutrition
- Likes training for muscle gain, power lifting
- Want to break the stigma that girls will get bulky from lifting weights.



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

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

Club ID: 103