

# Alaina C.



**Certified Personal Trainer  
Team Member Since: 2005**

## Education & Certifications

- BA in Communications from Boston College
- MA in Public Administration from National University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Hockey - 22 years experience played for Boston College with 3 years coaching
- MMA - 5 years experience training Muay Thai and Krav Maga
- Self Defense Trainer - 5 years experience
- Running - competed in 1/2 marathons and expert in running program design
- Law Enforcement - 6 years experience



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 111