

# Raquel C.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- 5k, 10k and half marathon in Jan 2012
- Passion for working out- love to challenge myself and applying new exercises
- Cooking healthy and delicious meals
- Spending time with my family



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

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

Club ID: 127

