

# Kelly C.



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

## Education & Certifications

- BA in Psychology from Whittier
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- Professional Fitness Instructor Training
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Tennis 1998-2013
- Yoga Certified 2010
- Triathlete 2008, 2009
- Run Enthusiast 2010



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