

# Kaysha S.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Exercise Science from Boise State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

## Hobbies and Achievements

- Former Boise State Cheerleader and high school coach
- Enjoys running 5Ks and half marathons
- Loves dancing and danced competitively for 10 years
- Worked with adaptive therapy and special needs
- Likes cooking and creating new recipes



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

Club ID: 162