

Caroline P.



Team Member Since: 2002

Education & Certifications

- BS in Kinesiology from California State University Northridge
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- working out
- hiking
- running
- listening to music / dancing



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

24hourfitness.com/personaltraining

Club ID: 176

