

Kristen R.



Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from San Diego State University, emphasis in Fitness Nutrition and Health
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Competitive dancer for 12 years in Ballet, Jazz, Hip Hop and Contemporary
- Unity Dance Ensemble 2010 - 2011
- 220 Second to None Dance Team 2007 - 2010
- Completed 1/2 marathon and 10k races



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Club ID: 191

