

Cristina R.



Team Member Since: 2003
Sessions Serviced: 15,000 +

Education & Certifications

- BS in Kinesiology from Chapman University
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Sandbell Certification
- Trail Hiking
- Weight Training
- Health and Nutrition



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24hourfitness.com/personaltraining

Club ID: 195

