

Nikki B.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BS in Exercise Physiology from Texas Womans University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- NJCAA All-American Softball Player - 2002
- Strength & Conditioning - TWU Softball 2004-2005
- Commissioned USMC Officer - 2005
- Currently participating in softball, basketball, and skeeball leagues
- Taking my dog, MoonPie, for a run or swim at Town Lake.



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24hourfitness.com/personaltraining

Club ID: 202