

Katie C.



Master Trainer
Group X Instructor
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Sports Management from Gonzaga University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Tennis
- Running, hiking, and outdoors
- Montana!
- Gonzaga Basketball! Go Zags!!!
- Completed 2013 Boston Marathon



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

24hourfitness.com/personaltraining

Club ID: 205