

# Raina V.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- Associates Degree in Culinary and Pastry Arts, Food/Hospitality Management from El Centro College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- World Championship IronMan 70.3 Triathlon Finisher
- U.S.A. Triathlon Member and Dallas Running Club Member
- Elite Marathoner
- Cooking
- Classically trained in piano since age of 2



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 211