

# Kristi F.



**Team Member Since: 1998**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Microbiology from Texas Tech University
- AED (Automated External Defibrillator)
- Cooper Institute - Master Fitness Specialist
- Cooper Institute - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Cycling
- Hiking
- Masters Swimming



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 307