

# Rachel K.



**Certified Personal Trainer**  
**Team Member Since: 2002**  
**Sessions Serviced:10,000 +**

## Education & Certifications

- BS in Sports & Fitness from Columbus State University
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Advanced Sports Fitness
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

## Hobbies and Achievements

- Nutrition
- Cooking
- My children and family



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

Club ID: 324