

# Kristina Y.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Business Management from Texas State University
- MS in MPH in Health Promotion/Behavioral Sciences from University of Texas School of Public Health
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Former NCAA athlete, 2003-2007
- Golfing
- Sports and outdoors
- International medical mission
- Traveling



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

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

Club ID: 372

