

# Ashley K.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**

## Education & Certifications

- BS in Kinesiology - Motor Behavior from Texas A&M University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- MS150
- 5K, 10K, Half Marathons



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

Club ID: 392

