

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

Club ID: 392

