

Kristen T.

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer



Team Member Since: 2004
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Biking
- Endurance running
- Hiking
- Music
- Nutrition
- Traveling
- Weight training



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 412

