

# Kathryn L.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

Olympic style weightlifting- High school WA state champion 2004-2006  
Varsity volleyball team captain 2006  
Photography  
Coaching volleyball, gymnastics, Olympic weightlifting  
Auburn YoungLife middle school leader



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

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

Club ID: 428