

Kristi H.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in English Studies from University of Nebraska, Lincoln
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Running
- Crossfit Workouts
- Researching Nutrition and Fitness Trends
- Writing and Reading
- Traveling



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Club ID: 437