

# Christy M.

## Education & Certifications

- in Culinary from The Culinary Institute of America, Hyde Park New York
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor



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

## Hobbies and Achievements

- Gardening
- Spinning and Cycling



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