

# Rachel B.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- MS in Social Work from Florida State University
- BS in Psychology from Florida State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Won 3rd Place for Female 22-24 age range in Miami 5k in Summer 2011
- Won 3rd Place in Duathlon relay with my father
- 14 years experience in Ballet, Tap, Modern, Jazz and Hip Hop dance
- Circuit Training
- Weight Training



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Club ID: 493