

Kate T.



Certified Personal Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Political Science from Georgetown University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Lifestyle and Weight Management Coach
- CPR Certification

Hobbies and Achievements

- Fitness Trainer Certificate, Cal Poly (SLO) 2012
- NIA, Blue Belt Certified 2000
- Various Pilates Mat and Apparatus Certifications starting in 2002
- Dance, Cuisine, Paint, Hike ~ all the components of a healthy lifestyle



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

24hourfitness.com/personaltraining

Club ID: 510

