

# Kristi R.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in English/Child Development from California State University Sacramento
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

## Hobbies and Achievements

- Yoga
- Weight lifting
- Cooking and nutrition
- Playing outside
- Reading



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Club ID: 598