

Rachel C.

Education & Certifications

- BS in Health Promotion from University of North Texas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



Certified Personal Trainer
Team Member Since: 2012

Hobbies and Achievements

- Dance
- Hiking
- Group fitness



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

24hourfitness.com/personaltraining

Club ID: 657

