

Rachel F.

Education & Certifications

- BS in Animal Science from Colorado State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer



Certified Personal Trainer
Team Member Since: 2012

Hobbies and Achievements

Running



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

24hourfitness.com/personaltraining

Club ID: 663

