

# Carisha B.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- Professional Fitness Instructor Training



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

## Hobbies and Achievements

- Fitness
- Finding new ways to make healthy recipes
- Spending time with family and friends



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)