

Rachel B.



Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Arts History at Clark University
- MA in History at Clark University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Fitness
- Education
- College basketball



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24hourfitness.com/personaltraining

Club ID: 687