

Kiki F.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology from Sonoma State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Captain of the Womens Track and Field Team at Santa Rosa Junior College
- Greek dances and competition
- Charity Runs -10K Cancer Run and Turkey Trot
- Completed the Insanity Program Twice



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 815