

# Kristina F.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- 1995-2010: Played Club and College Level Soccer
- 2001-2011: Ran Track Varsity Level & Cross Country
- 2011-12: Coached Track & Field Mission Hills High School
- 2012: 1st in Encinitas 5K Womens Division
- 2011-now: Frequent participant in local 5ks, 1/2 marathons, bikini competitions



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

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

Club ID: 868