

# Carolina F.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- BA in Business from California State University, East Bay
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Vacations
- Running
- Working Out
- Movies
- Spending Quality Time with my Daughter



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