

Kristina H.

Education & Certifications

- BA in Architecture from University of San Francisco
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Team Member Since: 2013

Hobbies and Achievements

- Professional Soccer Player for the Bay Area Breeze.
- Snowboarding and outdoors sports.
- Currently coaching youth soccer.



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

Club ID: 885

