

# Brent K.



Team Member Since: 2003

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- going to the shooting range
- mountain biking
- Muay Thai boxing
- Mixed Martial Arts
- body building
- hiking
- basketball... *GO LAKERS!*



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

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

Club ID: 910

