## Alex E.



Certified Personal Trainer Team Member Since: 2010

## **Education & Certifications**

- 24 Hour Fitness Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine Certified Personal Trainer
- National Personal Training Institute of Colorado Personal Training Certification
- TRX Suspension Training Certified TRX Instructor

## **Hobbies and Achievements**

- HIIT Training
- Circuit Training
- Weight Lifting
- Basketball
- Top of class at NPTI



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

24hourfitness.com/personaltraining

