

# David R.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 1997**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Physical Education
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Ocean Fishing and Diving
- Cycling
- Volunteer - Animal Rescue



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

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

Club ID: 043