

# Kaelon R.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- 4 Years Varsity Water Polo, Swimming, Track, and Cross Country (2003-07)
- Coached High School Water Polo (2009-10)
- DIV IA Collegiate Rugby (2011-12)
- Avid Hiker (climbed Mt. Shasta, CA, Mt. Massive, CO)
- Surfing, Snowboarding, Working Out



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

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

Club ID: 060