

Ryan C.



Group X Instructor
Team Member Since: 2012

Education & Certifications

- BS in Business Administration from University of California
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- biking
- the beach
- the rings
- changing lives



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