

# Erek A.



**Certified Personal Trainer**  
**Team Member Since: 2014**

## Education & Certifications

- Associates in Kinesiology from Saddleback College
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Mission Viejo Football - Varsity Captain
- Weight Training
- Running - LA Marathon 2010
- Basketball



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 073