

Kyle R.



Team Member Since: 2005

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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

- Cooking and eating nutritious
- Snowboarding
- Weight training



For more info about this trainer,
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24hourfitness.com/personaltraining