

Ron S.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2013**

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- Bodybuilding and Physique
- Participate in 3 Distance Running Events Per Year. (5k, 10K, and 13.1)
- Sports Strength and Endurance Training
- Raced Motocross at the Expert Level. (30 Years Experience)



For more info about this trainer,
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