

Billie R.



Certified Personal Trainer
Master Trainer
Team Member Since: 1999
Sessions Serviced: 10,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Biomechanics
- Physiology
- Horseback Riding
- Archery
- Hiking
- Gardening



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