

Rhonda N.



Team Member Since: 1996

Education & Certifications

- Exercise Science Certification from University of California, Irvine
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- High altitude mountain climbing
- Sail boat racing



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining