

Eric R.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2013
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Sociology from Utah State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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

Hobbies and Achievements

- Played Division 1 Football at Utah State University
- Enjoy hiking
- Playing sports
- Currently learning Spanish as a second language



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

24hourfitness.com/personaltraining

Club ID: 196

