

Richard R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Recreation and Tourism from Arizona State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Captain of ASU Wrestling Team 2006-2008
- Certified Scuba Diving Instructor
- Lifting Weights
- Surfing Swells
- Spear Fishing



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

24hourfitness.com/personaltraining

Club ID: 204