

Roy E.



Master Trainer
Team Member Since: 1996

Education & Certifications

- BS in Kinesiology from Southwestern Oklahoma State
- BS in Health Promotion from Southwestern Oklahoma State
- MA in Psychology from Prairie View A&M University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Family
- Education
- Health and fitness
- Sports
- Played college football and ran track



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

24hourfitness.com/personaltraining