

# Amy R.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BS in Kinesiology from Sam Houston State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Running
- Completed sprint triathlon
- Completed 3 half marathons



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 213