

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,
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24hourfitness.com/personaltraining