

Mark R.



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

Education & Certifications

- BA in Criminal Justice from Lycoming College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

Hobbies and Achievements

- Played 5 years of College Football
- MAC Offensive player
- Former Air Force Special Operations
- Weight training



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24hourfitness.com/personaltraining

Club ID: 310