

Carwin R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- I love to play any sport and challenge myself with different workouts
- Sports performance training has become a hobby for me



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

24hourfitness.com/personaltraining

Club ID: 332