

# Rick N.

## Education & Certifications

- BA in Physical Education from California State University San Diego
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Federation of Professional Trainers - Personal Trainer



**Certified Personal Trainer**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- TRX certified
- Golf Coaching and Instruction
- Sports Specific Development Programs



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 351

