

# Rob G.

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



Team Member Since: 2008

## Hobbies and Achievements

- Family Life
- MADD Dog Spinning Instructor
- Cooking
- Exercise and Fitness



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