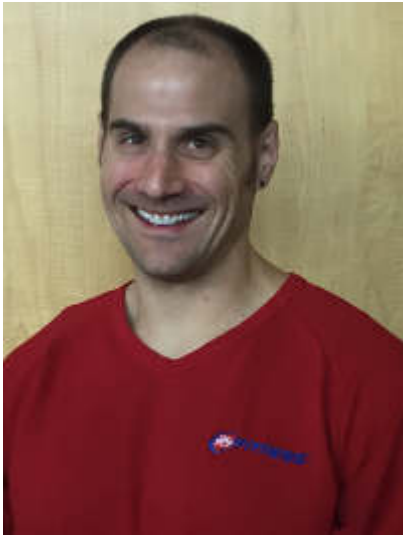


# Derek R.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2004**  
**Sessions Serviced: 15,000 +**

## Education & Certifications

- BS in Exercise Physiology from concordia
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Weight Loss Specialist

## Hobbies and Achievements

- spending time with my daughter
- Skiing Double blacks diamonds in Utah
- pushing myself to the limits
- muscle- ups
- oly lifts



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

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

Club ID: 361

