

Ruben G.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010

Education & Certifications

- BA in Criminal Justice from Sam Houston State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- USA Weightlifting Certification

Hobbies and Achievements

- D1 Mens Rugby
- USA Amateur Boxing
- Strength Training



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 362