

# Linzey R.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- PADI Scuba Certified 2012
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Studying nutrition and fitness
- Swimming and water activities
- Weight lifting and exercise
- Traveling and photography



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

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

Club ID: 372