

# Ryan F.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AS in Allied Health Science from Community College of the Air Force
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- N.A.S.M. - Mixed Martial Arts Conditioning Specialist, MMA-CS
- U.S. Air Force - Physical Training Leader
- 6 Years Air Force Medic
- Special Olympics Head Coach, Power Lifting Team - Bellevue, Nebraska



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