

# Dennis R.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BS in Secondary Education from Western Oregon
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- National Bodybuilding Competitor 2012
- Went from 32 percent body fat to 6 percent!
- Enjoys spending time with family outside of the gym
- Retired Elementary school teacher of 30 years



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

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