

# Tomas N.



**Master Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Business from Western Oregon
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Bodybuilding
- Friends
- Family
- Oregon Ducks
- Hiking



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