

Alec R.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from Vanguard University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Golf
- Baseball
- Fitness Model



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

24hourfitness.com/personaltraining