

Andrea R.



Certified Personal Trainer
Team Member Since: 2013
Sessions Serviced: 5,000 +

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Football-Seahawks
- Hiking, running, sports, any outdoor activities
- Expanding my fitness knowledge
- Traveling
- Networking



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

24hourfitness.com/personaltraining