

Ryan A.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Health and Fitness from Central Washington University
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- 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

- Traveling
- Snowboarding



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

24hourfitness.com/personaltraining

Club ID: 439

