

Richard S.



Certified Personal Trainer
Team Member Since: 2008

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Watching/playing sports: basketball, football, soccer, hockey, etc.
- Working out
- Learning about math, science and engineering



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

24hourfitness.com/personaltraining