

# Tammy R.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2002**  
**Sessions Serviced: 20,000 +**

## Hobbies and Achievements

- Marathons
- Triathlons and Open Water Swimming
- Weight Training
- Pilates and Hiking
- Reading



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 511

