

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