

Alex R.



Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Coaching sports
- Spending time with family and friends
- Doing anything outdoors



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

24hourfitness.com/personaltraining