

Rocky R.



Master Trainer
Fitness Manager
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology - Fitness Specialist from San Diego State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Weightlifting
- Football
- Surfing
- Wakeboarding
- Getting You in Shape!



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