

Mike R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- MS in Entrepreneurship from University of Florida - Warrington College of Business
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2x All-Conference Defensive Lineman 2006 and 2009



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

24hourfitness.com/personaltraining

Club ID: 562

