

Maurisa R.



Master Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Biological Science from California State University Stanislaus
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Modern Army Combatives Level 1 Certified
- 334 APFT Score
- Half marathons, Triathlons and Tough Mudder - All Conquered
- Training my 9-year-old for the Spartan Race



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