

# Ricky E.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- AA in Health and Fitness from Bryan College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Muay Thai Kickboxing
- Boxing
- Running
- Strength conditioning



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 592