

Ruth P.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2006
Sessions Serviced: 5,000 +**

Education & Certifications

- MA in Social Work from California State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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

- 1st Place CA NGA Overall Women's bodybuilding 2008
- 1st Place Overall Women INBF Washington 2008
- 2nd Place Light Weight Pro US Open 2008
- Middle Distance Running Endurance Events
- Powerlifting



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24hourfitness.com/personaltraining

Club ID: 592