

# Emily R.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- 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
- USA Weightlifting Certification

## Hobbies and Achievements

- Olympic Lifting
- Half Marathon Running
- Gluten Free Cooking



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

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

Club ID: 598