

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



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24hourfitness.com/personaltraining