

Ryan J.



Master Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Sports - Soccer, Basketball, Football, Tennis
- RYT - 200hrs - Yoga Certified - Hatha, Vinyasa
- Running - Completed 5 Half Marathons - PR 1:45



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

24hourfitness.com/personaltraining