

Robin A.



Master Trainer
Group X Instructor
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- 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
- National Council on Strength and Fitness - Personal Trainer
- Professional Fitness Training Association - Personal Trainer Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Fitness modeling
- Dirt racing
- Traveling to new and exciting places



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24hourfitness.com/personaltraining