

# Roland V.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Kinesiology from Stephen F. Austin University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- CrossFit
- Movies
- Teaching fitness to family and friends



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