

# Adrienne R.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Business from Southwestern University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Triathlons
- Running - mud runs, 5k, 10k
- Hanging out with hubby and my 2 girls
- Teaching Group X



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

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

Club ID: 664