

# Matt R.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2000**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

## Hobbies and Achievements

- Playing golf
- Spending time with family
- Played college baseball
- Like to train people for athletic performance



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

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

Club ID: 676

