

# Alissa R.



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

## Education & Certifications

- BS in Exercise Science from University of Houston, Clear Lake
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Softball
- Sand volleyball
- Basketball



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