

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



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 689

