

# Alex D.



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

## Education & Certifications

- BA in Fitness and Human Performance from University of Houston-Clear Lake
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council for Certified Personal Trainers - Future Fit Inc.
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Weight lifting
- Tattoos
- Football
- Basketball



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

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

Club ID: 692