

# Rod A.



Team Member Since: 2002

## Education & Certifications

- BS in Health & Physical Education from the University of Arkansas Monticello
- Master Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Family
- Changing lives
- Football



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

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

Club ID: 695

