

Russell P.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- MA in Criminal Justice from California State University - Long Beach
- American College of Sports Medicine - Certified Personal Trainer
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Integrated Flexibility Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Nature and Fitness Photography
- Trail running and Cycling
- Hiking and Adventures with Friends and Family



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

24hourfitness.com/personaltraining

Club ID: 697

