

Erick F.



Certified Personal Trainer
Team Member Since: 2009

Education & Certifications

- Aerobic and Fitness Association of America - Group Fitness Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Boxing
- Marathons- Have finished 5 Marathons and 2 Ultra Marathons
- Triathlons
- Fitness competitions



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

Club ID: 728