

Nicole R.



Master Trainer
Group X Instructor
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- Bachelors Degree in Fine Arts from New York University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Crossfit
- Running
- Circuit Training
- Music
- Cooking



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

24hourfitness.com/personaltraining

Club ID: 728

