

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