

# Bridget R.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2010**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Coaching U16 Girls Soccer
- Coach of the Year for EGYSL, 2012
- Relay Team Member - CIM, 2011
- Running 10Ks
- PE Teacher for 4 years



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

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

Club ID: 808