

Michael R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Running
- Mountain Biking
- Gardening
- Family Time



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