

# Angel R.



**Team Member Since: 2004**

## Education & Certifications

- Over 5,000 Sessions serviced
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Taekwondo
- Hiking
- Rock climbing
- Running
- Figure competitions



For more info about this trainer,  
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