

# Roland J.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Exercise Biology and Sports Medicine from California Lutheran University
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Football
- Swimming
- Bass guitar



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

Club ID: 812

