

Adrienne R.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2013**

Education & Certifications

- BS in Exercise Science from George Mason University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Dancing
- Zumba and Zumbatomic licensed instructor, 2013



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