

# Kent R.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Competing in fitness competitions and weight training
- AMFPT certifications in Personal Trainer, Master Trainer, Group Fitness Instructor, Strength & Condition Trainer, Certified in Sports Nutrition



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 817