

Rudy F.



Master Trainer
Team Member Since: 1996

Education & Certifications

- BS in Education from California State University San Francisco
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Golf and teaching golf
- Volleyball
- Football



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