

Russell D.

Education & Certifications

- BS in Exercise and Wellness from Arizona State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification



Group X Instructor
Master Trainer
Certified Personal Trainer
Team Member Since: 2006
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Mountain Biking
- Avid Sports Fan
- Creating Balance With Family and Fitness
- Helping Others Succeed Despite Health Complications
- Making Fitness Fun!!



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 852

