

Ryan G.



Master Trainer
Team Member Since: 2000

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Working out
- Softball
- Golf
- Hiking
- Mountain biking



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