

# Eric R.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2007**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Sociology from Utah State University
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Played 3 years collegiate football at Utah State University
- Foreign language studies
- Watch favorite sports teams Oakland Raiders and L.A. Lakers



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

Club ID: 863

