Billie R.



Certified Personal Trainer Master Trainer Team Member Since: 2004 Sessions Serviced:10,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute Biomechanics of Resistance Training
- CPR Certification
- National Council on Strength and Fitness Personal Trainer
- National Exercise and Sports Trainers Assoc. Personal Fitness Trainer
- National Strength and Conditioning Assoc. Certified Personal Trainer

Hobbies and Achievements

- Biomechanics and physiology
- Horseback Riding
- Archery
- Hiking
- Gardening



For more info about this trainer, scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

