

Rosie T.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Certified weighted hoop instructor, 2 workout videos online
- Core specialist, SAQ, Fitness Nutrition Specialist, MMA, Kickboxing 2,
- Kettlebell, TRX, Group training, Stretching, Dancing!
- My hobbies include bike riding, motorcycle riding, movies, most of all being with family and friends!



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