

# Mark R.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification

## Hobbies and Achievements

- Antelope Valley University Personal Training Certification
- Basketball
- Hiking
- Weightlifting



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 878