

Demetrices R.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +**

Education & Certifications

- BS in Kinesiology from Angelo State University
- BS in Psychology from Angelo State University
- MA in Exercise and Sports Nutrition from Texas Womens University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Muay Thai (Kickboxing)
- College Football Wide Receiver
- Basketball, Track & Field, Volleyball
- Doing Voiceover Work
- Ballroom Dancing



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