

Griffin R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AA in Kinesiology from Diablo Valley College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Racing Motocross
- Wakeboarding
- Snowboarding
- Weight Training



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

24hourfitness.com/personaltraining

Club ID: 885