

# Marcella R.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

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

## Hobbies and Achievements

- Bodybuilding
- Coaching
- Spending Time with my Kids
- Reading Books with my Daughters



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