

Ryan N.



Certified Personal Trainer
Master Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Hotel & Restaurant Management from Cal Poly Pomona
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Weight Training and Fitness
- Watching Movies
- Eating



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24hourfitness.com/personaltraining