

Travis F.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Health Science from Southern Adventist University
- American College of Sports Medicine - Certified Clinical Exercise Specialist
- American College of Sports Medicine - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Playing basketball, football and baseball
- Watching comedies
- Collecting coins
- Working towards Masters Degree in Gerontology
- Yoga



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