

Anna R.



Certified Personal Trainer
Master Trainer
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Completed 5 marathons
- Running
- Hiking
- Boxing
- Traveling to warm places



For more info about this trainer,
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24hourfitness.com/personaltraining