

Ren B.

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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



Certified Personal Trainer
Master Trainer
Team Member Since: 2006
Sessions Serviced:10,000 +

Hobbies and Achievements

- Movies
- Fitness
- Bowling
- Interval Training
- Spending time with friends and family



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

24hourfitness.com/personaltraining