

Bonnie R.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Activities with my family
- 1000 hours of Massage Therapists Training Seattle School of Massage 2002
- Teaching Indoor Precision Cycling and Bootcamps
- Drinking Coffee



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

24hourfitness.com/personaltraining