

Aaron R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Theatre from University of North Carolina, Wilmington
- 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
- National Academy of Sports Medicine - Sports Fitness Specialist

Hobbies and Achievements

- Running
- 20 years of playing tennis
- 8 years of playing baseball
- Photography



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24hourfitness.com/personaltraining

Club ID: 024

