

Alex E.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Personal Training Institute of Colorado - Personal Training Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- HIIT Training
- Circuit Training
- Weight Lifting
- Basketball
- Top of class at NPTI



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

24hourfitness.com/personaltraining

Club ID: 024