

Amy R.



Master Trainer
Group X Instructor
Team Member Since: 2008
Sessions Serviced: 5,000 +



Education & Certifications

- BS in Kinesiology & Nutrition from Washington State University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Soccer
- Traveling
- Extreme Sports
- Snowboarding
- Teaching Bikram (hot) Yoga (certified)
- Teaching Yoga Sculpt (certified)
- Teaching Yoga Barre (certified)
- Sport Specific Strength and Agility Training - College and High School Level

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

24hourfitness.com/personaltraining

Club ID: 024

