

David R.



Certified Personal Trainer
Master Trainer
Team Member Since: 1997
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Physical Education
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Ocean Fishing and Diving
- Cycling
- Volunteer - Animal Rescue



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

24hourfitness.com/personaltraining

Club ID: 043