

Kaelon R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- 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

Hobbies and Achievements

- 4 Years Varsity Water Polo, Swimming, Track, and Cross Country (2003-07)
- Coached High School Water Polo (2009-10)
- DIV IA Collegiate Rugby (2011-12)
- Avid Hiker (climbed Mt. Shasta, CA, Mt. Massive, CO)
- Surfing, Snowboarding, Working Out



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 060