

Amanda R.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2013**

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

- Fantasy Football
- Rock Climbing
- Cooking
- Travel



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24hourfitness.com/personaltraining

Club ID: 074