

Ben R.



**Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2012**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Wrestling, 4 years varsity
- Arena soccer
- Golf



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

24hourfitness.com/personaltraining

Club ID: 125

