

Francis R.



Team Member Since: 2010

Education & Certifications

- BS in Kinesiology from California State University Fullerton
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- basketball
- playing Hold em poker
- salsa dancing



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

Club ID: 170

