

# Richard R.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BA in Recreation and Tourism from Arizona State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Captain of ASU Wrestling Team 2006-2008
- Certified Scuba Diving Instructor
- Lifting Weights
- Surfing Swells
- Spear Fishing



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 204

