

# Julia R.



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

## Education & Certifications

- BA in Business Management from Eastern Washington University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- All ACC top 6 Volleyball player 2003
- Ranked #1 in State in Volleyball 1999 - Brazil
- Played Volleyball along side most of the 2012 Brazil National Team
- Soccer
- Tennis



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

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

Club ID: 228