

# Andrea R.



**Certified Personal Trainer  
Master Trainer  
Team Member Since: 2003  
Sessions Serviced:15,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Personal Trainer Certification
- 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
- National Academy of Sports Medicine - Weight Loss Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Volunteer Work
- Gymnastics
- Boy and Girls Scouts of America
- Fishing and Hiking



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

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

Club ID: 304

