

# Mark R.



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

## Education & Certifications

- BA in Criminal Justice from Lycoming College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- Played 5 years of College Football
- MAC Offensive player
- Former Air Force Special Operations
- Weight training



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 310