

# Casey R.

## Education & Certifications

- BS in Health and Exercise Science from Colorado State University
- AED (Automated External Defibrillator)
- CPR Certification



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

## Hobbies and Achievements

- 3 Time National Club Baseball Association National Champion @ CSU
- Volunteer Assistant Baseball Coach @ School of Mines
- I love playing pick up basketball on a regular basis.
- I enjoy riding my road bike and going on an occasional trail run..



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

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

Club ID: 326

