

Andy R.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System 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

Hobbies and Achievements

- Making movies
- Reading a good book
- Building fast computers
- Exercise and fitness



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 353

