

Derek R.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2004
Sessions Serviced: 15,000 +

Education & Certifications

- BS in Exercise Physiology from concordia
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Weight Loss Specialist

Hobbies and Achievements

- spending time with my daughter
- Skiing Double blacks diamonds in Utah
- pushing myself to the limits
- muscle- ups
- oly lifts



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

24hourfitness.com/personaltraining

Club ID: 361

