

# Ruben G.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- BA in Criminal Justice from Sam Houston State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- USA Weightlifting Certification

## Hobbies and Achievements

- D1 Mens Rugby
- USA Amateur Boxing
- Strength Training



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

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

Club ID: 362