

Alana R.



Team Member Since: 2007

Education & Certifications

- BA in Business Management from Bethel University in Minnesota
- 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
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Surfing
- Minnesota Vikings football
- Camping and hiking



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24hourfitness.com/personaltraining

Club ID: 415

