

Tomas N.



Master Trainer
Team Member Since: 2012
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Business from Western Oregon
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Bodybuilding
- Friends
- Family
- Oregon Ducks
- Hiking



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

Club ID: 425

