

# Ryan G.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2005**  
**Sessions Serviced:10,000 +**

## Education & Certifications

- BS in Physical Therapy from Western Washington University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- 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
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Sport Specific Training
- Snowboarding/wakeboarding
- Injury Rehabilitation
- Spending time with my 2 daughters



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

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

Club ID: 439

