

# Ty R.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Fitness Manager**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- Associate of Applied Science - Criminal Justice, Southern Utah University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - 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 Personal Training Institute of Colorado - Personal Training Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Adventure and Obstacle Races
- Certified Spartan Coach
- Certified Mixed Martial Arts Strength and Conditioning
- Baseball and Softball
- Certified Massage Therapist



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

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

Club ID: 493

