

# Rocky R.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology - Fitness Specialist from San Diego State 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 - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Weightlifting
- Football
- Surfing
- Wakeboarding
- Getting You in Shape!



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

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

Club ID: 540