

Shane R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Strength Training
- Functional Training
- Outdoor Training
- Weight Training
- Weight Lifting



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

Club ID: 556