

# Bryan F.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2003**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Exercise Physiology from California State University Sacramento
- 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 Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Trail Running
- Snowboarding
- Blog Writing
- Sports



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

Club ID: 598