

# Rhea F.



**Team Member Since: 2004**

## Education & Certifications

- Group X Certified
- Cooper Institute Certified Personal Trainer (CI-CPT)
- Cooper Institute Certified Personal Trainer - Biomechanics of Resistance Training
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Cooking
- Spending time with family
- Weight training



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

Club ID: 657