

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



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

24hourfitness.com/personaltraining

Club ID: 657