

# Richard C.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- Cooking and grilling
- Playing sand volleyball
- Swimming
- Reading
- Restoring old furniture



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

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

Club ID: 691