

Bridget R.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2010**

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Coaching U16 Girls Soccer
- Coach of the Year for EGYSL, 2012
- Relay Team Member - CIM, 2011
- Running 10Ks
- PE Teacher for 4 years



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

24hourfitness.com/personaltraining

Club ID: 808