

Alyssa R.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- Degree: BS in Physical Activity and Exercise from Portland State University
- Degree: BS in Community Health from Portland State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Oregon High School State Track & Field Champion in 300meter Hurdles in 2008
- Portland State University Track & Field Athlete
- Marathon Runner
- Coaches Track & Field - Sprints / Hurdles



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24hourfitness.com/personaltraining

Club ID: 849

