

# Russell D.

## Education & Certifications

- BS in Exercise and Wellness from Arizona State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification



**Group X Instructor**  
**Master Trainer**  
**Certified Personal Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Mountain Biking
- Avid Sports Fan
- Creating Balance With Family and Fitness
- Helping Others Succeed Despite Health Complications
- Making Fitness Fun!!



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 852

