

Eric R.



Master Trainer
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Sociology from Utah State University
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Played 3 years collegiate football at Utah State University
- Foreign language studies
- Watch favorite sports teams Oakland Raiders and L.A. Lakers



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

24hourfitness.com/personaltraining

Club ID: 863

