

# Billie R.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2004**  
**Sessions Serviced:10,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Biomechanics and physiology
- Horseback Riding
- Archery
- Hiking
- Gardening



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

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

Club ID: 864

