

David R.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Art from California Institute of the Arts
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Association - Strength and Conditioning Certification

Hobbies and Achievements

- Played football 6 years
- Cross fit competitions 2 years
- Natural bodybuilding competitions 1 year



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

24hourfitness.com/personaltraining

Club ID: 878

