

# Troy T.



**Fitness Manager  
Master Trainer  
Team Member Since: 1998**

## Education & Certifications

- BS in Kinesiology from University of North Texas
- AED (Automated External Defibrillator)
- Cooper Institute - Master Fitness Specialist
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Fitness
- Healthy cooking
- Love researching
- Spending time with family
- Living an active lifestyle



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

Club ID: 881