

Alex R.



Certified Personal Trainer
Master Trainer
Team Member Since: 2014
Sessions Serviced: 2,000 +

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- High School Football All County
- High School Lacrosse State Champion
- High School Lacrosse Top 25



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

24hourfitness.com/personaltraining

Club ID: 891

