

Tim R.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BA in Psychology from University of California, San Diego
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- I was a collegiate lacrosse player.
- Indoor rock climbing is a challenging workout where my only competition is myself.
- I work out consistently to improve performance in all daily activities.
- Family is a priority for me, and I love spending time with them.
- I love being outdoors and love playing volleyball and badminton.



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24hourfitness.com/personaltraining

Club ID: 895