

# Rich R.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Movement & Sports Science from University of La Verne
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Traveling
- Being outdoors
- Exercising
- Spending time with friends and family



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

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

Club ID: 910