

Heidi R.



Certified Personal Trainer
Team Member Since: 2006

Education & Certifications

- BS in Kinesiology from Cal State Fullerton University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Scuba diving
- Hiking
- Softball



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 917