

# Rudy M.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Motocross
- Suspension Training
- Mud Runs
- All Sports



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

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

Club ID: 961

