

Matt S.



Certified Personal Trainer
Team Member Since: 2002
Sessions Serviced:10,000 +

Education & Certifications

- BS in Kinesiology from Cal Poly San Luis Obispo
- MS in Kinesiology from Cal Poly San Luis Obispo
- bodybugg® Calorie Management System 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
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Golf



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24hourfitness.com/personaltraining

Club ID: 024

