

# 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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