

Stephen S.



Certified Personal Trainer
Master Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology; Emphasis in Fitness, Nutrition, Health from San Diego State University
- AED (Automated External Defibrillator)
- CPR Certification

Hobbies and Achievements

- Strength & conditioning
- Body recomposition
- Physique enhancement
- Diet & nutrition guidance
- General health & wellness



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

24hourfitness.com/personaltraining

Club ID: 065

