

# Karyl S.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2000**

## Education & Certifications

- BS in Exercise Science from Utah Valley University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- Soccer
- Triathlon
- Wakeboarding
- Snowboarding
- Hiking



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

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

Club ID: 068