

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



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