

Theo S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AD in Graphic design/ Web design from Platt College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Functional training and holistic movement practice
- Lower-back, neck, shoulder, knee pain management
- Postural realignment and flexibility improvement
- MMA and boxing
- Stress management through proper breathing



For more info about this trainer,
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24hourfitness.com/personaltraining