

# Stephen T.



**Fitness Manager**  
**Certified Personal Trainer**  
**Team Member Since: 2008**

## Education & Certifications

- BS in Health & Exercise Science from Regis University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Soccer
- Bodybuilding
- Rockhounding



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)