## Suzy S.



Certified Personal Trainer Fitness Manager Team Member Since: 2011 Sessions Serviced:2,000 +

## **Education & Certifications**

- BS in Kinesiology from California State University, Fullerton
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. Personal Fitness Trainer
- National Federation of Professional Trainers Personal Trainer

## **Hobbies and Achievements**

- Elite Stand Up Paddleboard Racer and SUP Surfer
- ACA Certified Standup Paddle Board Instructor
- Certified Mental Game Coach
- 25 years of coaching soccer: Division I, Semi-Pro, OPD, High School and Club
- Former Professional Soccer Player (WUSA)



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

24hourfitness.com/personaltraining

