

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

Club ID: 158

