

Alyssa S.



Master Trainer
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology / Pre-Physical Therapy from San Diego State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Healthy Cooking
- Running and hiking outdoors
- Snowboarding!



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