

Cassie S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Kinesiology from California Polytechnic State University, San Luis Obispo
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Varsity Head Cross-Country Coach (Numerous State Qualifiers)
- Students Run Los Angeles (S.R.L.A.) Training Assistant
- Experienced 10k Runner (30+ finishes)
- Athletic Director Experience



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24hourfitness.com/personaltraining

Club ID: 160