

Brian S.



**Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2010**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Taekwondo
- Working Out
- Nutrition
- Making fitness a lifestyle
- Changing peoples lives through fitness



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

24hourfitness.com/personaltraining

Club ID: 168