

# Sean T.



**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Assistant Coach for Football and Track & Field
- Former football player at Arizona State Univ. (88-90)



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