

Ian S.



Master Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Russian Studies from University of Virginia
- MA in Russian Studies from University of Washington
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Hiking
- Travel
- Board Games



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