

Ian S.



Team Member Since: 2010

Education & Certifications

- BS in Kinesiology from California State University of Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Hiking
- 5Ks
- Flag Football



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24hourfitness.com/personaltraining

Club ID: 195