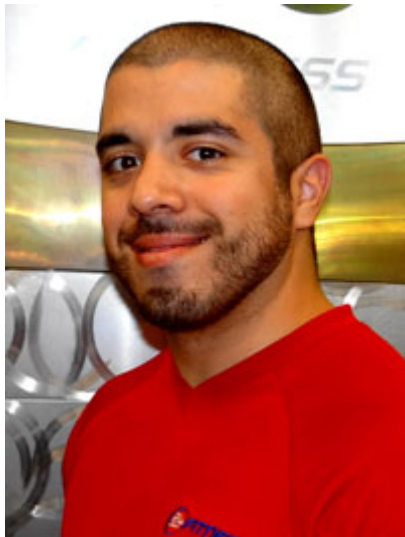


Carlos S.



Master Trainer
Group X Instructor
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Kinesiology from Houston Baptist University
- BA in Pedagogy from Houston Baptist University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Self proclaimed salsa dancing king
- Huge Baltimore Ravens/ Ray Lewis fan
- MMA fan
- Comic book fan
- Drawings and writing



For more info about this trainer,
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