

# 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



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Club ID: 208