

Mario S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Kinesiology from Stephen F. Austin State University
- BS in Food, Nutrition & Dietetics from Stephen F. Austin State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Bodybuilder & Physique Competitor
- Placed Top 3 in multiple shows
- Football, lifting, running and jogging
- Intramural Football Champion



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 212