

Matt S.



Certified Personal Trainer
Fitness Manager
Team Member Since: 2008

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Fitness
- Reading
- Classic cars
- Motorcycles



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

Club ID: 216