

# 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



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)