

# Alden S.



**Certified Personal Trainer**  
**Master Trainer**  
Team Member Since: 2010

## Education & Certifications

- BS in Sports Science from Rockhurst University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Playing basketball
- Working out
- Sportscenter
- Spending time with family



For more info about this trainer,  
scan this code with your smart phone or visit:

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

Club ID: 218