

Alden S.



Certified Personal 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,
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