

Spense D.



Master Trainer
Group X Instructor
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise Sports Science from Texas State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Texas State University Baseball record holder 2009
- Southland Conference Baseball record holder 2009
- I workout for fun
- I fish for fun



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