

Sylvester C.



Certified Personal Trainer
Team Member Since: 2004

Education & Certifications

- BA in Criminal Justice from University of Louisiana at Monroe
- MA in Criminal Justice from University of Louisiana at Monroe
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Bodybuilding
- Football - Played College and Professional
- Basketball
- Track
- Reading for Educational Purposes
- Omega Psi Phi Fraternity, INC



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