

Eric S.



Certified Personal Trainer
Master Trainer
TC24 Coach
Team Member Since: 2008
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Lacrosse
- Olympic Weightlifting
- 3x CrossFit Games Open Competitor
- Cooking
- Eating



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

Club ID: 346