

Alan Y.



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

Education & Certifications

- 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

Hobbies and Achievements

- Exercise
- Hiking
- Landscaping
- Remodeling



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