

Denise S.



Certified Personal Trainer
Team Member Since: 2003
Sessions Serviced:10,000 +

Education & Certifications

- BS in Exercise and Physical Education from Arizona State University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- 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

- Triathlons
- Skiing
- Golfing



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 430

