

Vince S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Kinesiology from University of North Texas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Backpacked 300+ miles of Appalachian Trail
- Adventure sports
- Soccer and tennis
- Dance
- Mountain biking



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24hourfitness.com/personaltraining

Club ID: 365