

Sam P.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor
- World Instructor Training School - Personal Trainer Certification

Hobbies and Achievements

- Scuba certified 2010
- Rock climbing
- Outdoors activities
- Swimming



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

24hourfitness.com/personaltraining

Club ID: 372