Sterling A.



Certified Personal Trainer Master Trainer Team Member Since: 2011 Sessions Serviced:2.000 +

Education & Certifications

- BS in Exercise Sports Science from Texas State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. Personal Fitness Trainer
- TRX Suspension Training Certified TRX Instructor

Hobbies and Achievements

- Minor- Health Wellness Promotion
- Balance/stability & Core training
- Team sports
- Anything outdoors



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

24hourfitness.com/personaltraining

