

# Alexandra S.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Perform Better CEU
- Primal move CEU
- Working out and nutrition
- Fashion and accessorizing
- Makeup, nails, and hair
- Dancing
- Friends and family



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 375

