

Cyndi S.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS Degree in Kinesiology-Sport Nutrition & Wellness from California State University, Hayward
- MS Degree in Kinesiology-Exercise Physiology from California State University, Hayward
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Tennis
- Running
- Sailing
- Mountain Bike Riding
- Horseback Riding



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