

Cyndi S.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +**

Education & Certifications

- MS in Kinesiology from Cal State Hayward
- American College of Sports Medicine - Registered Clinical Exercise Physiologist
- American College of Sports Medicine - Certified Health Fitness Specialist
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Tennis
- Running
- Horse Back Riding
- Sailing
- Travel



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24hourfitness.com/personaltraining

Club ID: 512