

Justin S.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Science from University of Hawaii at Manoa
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Spending time with family
- Gardening
- Lifting weights
- Cardio...sometimes



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