

Ben S.



Certified Personal Trainer
Master Trainer
Team Member Since: 2009
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Psychology and History from University of Wyoming
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- 500 Meter Row Indoor Championships- 1st Place
- United States Rugby Super League 2009-2012
- Archery- Bowmaking



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

24hourfitness.com/personaltraining

Club ID: 572

