

Sami K.



Master Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2001
Sessions Serviced:15,000 +

Education & Certifications

- BA in Organizational Communications from California State University Sacramento
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Film and movies
- The New England Patriots
- Friends and family
- Exercise
- Writing



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 592

