

Kenneth A.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2010

Education & Certifications

- BS in Speech Language Pathology from the University of Texas Dallas
- AFAA Resistance Certified
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- 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
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball
- Guitar
- Soccer



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