

# Cindy S.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BA in Education from Arizona State University
- MA in Education from Northern Arizona University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Competed nationally- dance
- Martial Arts- kickboxing, interval training
- LOVE: spending time with family, outdoors, scuba diving, waterskiing, snow skiing



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