

Randi S.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2011**

Education & Certifications

- BS in Petroleum Engineering from Stanford University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council for Certified Personal Trainers - Future Fit Inc.
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- TRX suspension training: sports medicine, 2011
- Group X Instructor since 2006
- Senior fitness
- Natural nutrition



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