

# Mahan S.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Health & Human Performances from University of Houston
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Kickboxing
- Cycling
- Traveling
- Reading and research
- Hanging out with friends & family



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)