

Stephan S.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Exercise Science from Florida State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Triathlons
- Former Collegiate Wrestler
- Florida State University Circus performer
- Jiu - Jitsu
- Crossfit
- Hiking
- Wakeboarding



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