

Ryan S.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Physical Education from Baker University
- MA in Liberal Arts from Baker University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Adjunct NASM Professor at St. Edwards University
- Former Arena and College Football player
- Golf
- Volleyball



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