

Cat S.



Team Member Since: 2009

Education & Certifications

- Over 1000 Group X Sessions
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Family
- Working out
- Cooking



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 685