

# Cody S.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2010**

## Education & Certifications

- BA in Physical Education from Hastings College
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- Cycling
- Outdoor Activities
- Running
- Hanging out with friends



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

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

Club ID: 686