

Arlene S.



Certified Personal Trainer
Fitness Manager
Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from University of Houston
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Basketball
- Played college basketball
- Completed Houston Marathon



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