

# 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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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)