

Teddy S.



Certified Personal Trainer
Fitness Manager
Master Trainer
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Health and Exercise Science from Centenary College of Louisiana
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TC24 Coach

Hobbies and Achievements

- Playing/Coaching Sports
- Wakeboarding/ Snowboarding
- Live Music
- Strength Training



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

24hourfitness.com/personaltraining

Club ID: 811

