

Alex S.



Certified Personal Trainer
Team Member Since: 2000

Education & Certifications

- BS in Mechanical Engineering University of Miami
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Mountaineering and outdoor activities
- Long boarding
- Karting (go cart racing)
- Cooking
- Traveling
- Fluent in Portuguese, Spanish and French



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

24hourfitness.com/personaltraining

Club ID: 814