

Sam A.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2012**

Education & Certifications

- BS in Business Marketing from California State University, East Bay
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Assistant Coach Los Altos High School Basketball
- Dance - Hip Hop and Ballroom
- Snowboard
- Love Breakfast Foods at Anytime of Day



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24hourfitness.com/personaltraining