

# 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



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

**[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)**