

# Steffen P.



**Certified Personal Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Psychology from Saint Marys College
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Powerlifting
- Wrestling



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

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