

Sean T.



Master Trainer
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Psychology from University of California, Irvine
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- United States Marine Corps 1996 -2004
- International Travel - Spanish Fluency
- Hiking / Running 5k and 1/2 Marathons



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