

Ashley S.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Business Marketing from California State University Fullerton
- 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 - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Nutrition Enthusiast
- 200 mile Ragnar Relay competitor
- Ultimate Frisbee
- Weight Lifting
- Outdoor Activities



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

24hourfitness.com/personaltraining

Club ID: 862

