

# Timothy S.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Basketball- Hilton Head H.S (All Region / Area)
- Football- Hilton Head H.S (All Region / Area)
- United States Marine Corps- 4 Years
- Marine Corps Marital Arts Program- Brown Belt Instructor
- 2 Years Teaching Special Needs



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

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