

# Aaron U.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Kinesiology from California Polytechnic State University, San Luis Obispo
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Cycling-Cyclocross, Mountain biking, Road biking
- Hiking with my wife and dogs
- Running
- Photography



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 886

