

# Jaimie S.



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

## Education & Certifications

- BS in Kinesiology from California State University, San Marcos
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Half marathon participant
- Boxing
- Jiu Jitsu
- Hiking
- Snowboarding



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

Club ID: 892