

# Gerald S.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- I enjoy being in the great outdoors, camping and hiking, with my family.
- I have 15 years of experience weightlifting.
- I played football in high school and college.
- I love water sports like wake boarding and jet skiing.
- I enjoy going paintballing with friends.



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