

# Angela S.



**Team Member Since: 1989**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- teaching group exercise classes
- weight training
- playing with my dogs
- water sports and boating



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

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