

# Trystan T.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Exercise Science from Cal State University, Northridge
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Dancing
- Being around my dog
- Extreme sports
- Going to the beach
- Exercising



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