

Aspen S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in French from Plymouth State
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Spinning
- Running
- Music and Movies



For more info about this trainer,
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24hourfitness.com/personaltraining