

Parandis B.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Nutrition and Dietetics from California State University, San Jose
- AED (Automated External Defibrillator)
- Aerobics and Fitness Association of America - Advanced Personal Trainer
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Teaching Zumba to adults, seniors and children since 2010
- licensed Youth Soccer coach from 2006-2010
- won best dance entry in Contra Costa 4th of July parade 2012
- Meditate one hour everyday (either in silence or in nature)
- Read one book every month



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

24hourfitness.com/personaltraining

Club ID: 043

