

Henry S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Kinesiology from California State University, Fullerton
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball
- Soccer
- Movies



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

Club ID: 058