

# Vainayaki S.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Biology from University of Redlands
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Two-time NCAA Track and Field All-American
- 400m silver medal- 2013, 4x400 8th place -2011
- Nutritional Science
- Yoga



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

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

Club ID: 070