

Sylvia G.



Certified Personal Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Business Economics from UC Santa Barbara
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Girls Soccer Coach 2010-2012
- Triathlete Competitor 2007-2012
- 1st place KOA Outrigger World Championships 2000



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

24hourfitness.com/personaltraining

Club ID: 114

