

# Rene S.



**Certified Personal Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Canyon riding
- Weight lifting
- Hanging with the guys



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

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

Club ID: 133

