

# Fernando S.



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

## Education & Certifications

- MS in Exercise Science- Performance Enhancement and Injury Prevention from California University of Pennsylvania
- BS in Kinesiology- Athletic Training from California State University, Long Beach
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Athletic Trainers Association - Athletic Trainer Credential

## Hobbies and Achievements

- Working with our State Youth Soccer Olympic Development Program
- Strength Training
- Mountain Climbing
- Played baseball for 2 years at Ventura Junior College



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

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

Club ID: 150

