

# Brian S.



**Certified Personal Trainer  
Fitness Manager  
Team Member Since: 2010**

## Education & Certifications

- BS in Child and Adolescent Development from California State University, Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- NCAA Division 1 Wrestler
- State Wrestling Champion (2005)
- Football, basketball, baseball
- Outdoors
- Healthy cooking



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

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

Club ID: 156