

# Alyssa S.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2007**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology / Pre-Physical Therapy from San Diego State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Healthy Cooking
- Running and hiking outdoors
- Snowboarding!



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

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

Club ID: 159

