

Andy S.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Actively training and competing in Muay Thai, Jiu-Jitsu, and MMA
- 2010 Nor-Cal Bred For Battle Tournament Winner - 185lb weight class
- Favorite cardio modality: Outdoor Cycling
- Loves wakeboarding, surfing, snowboarding, and riding motorcycles



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

24hourfitness.com/personaltraining

Club ID: 174