

# Shay G.



**Certified Personal Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology, emphasis in Athletic Training from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- National Exercise and Sports Trainers Assoc. Biomechanics Specialist
- National Exercise and Sports Trainers Assoc. Functional Training Specialist
- National Exercise and Sports Trainers Assoc. Core Conditioning Specialist
- Played basketball and track field
- Fighting



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 191

