

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,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 191

