

# Ian S.

## Education & Certifications

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



Team Member Since: 2010

## Hobbies and Achievements

- Hiking
- 5Ks
- Flag Football



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

Club ID: 195

