

# Mario S.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Kinesiology from Stephen F. Austin State University
- BS in Food, Nutrition & Dietetics from Stephen F. Austin State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Bodybuilder & Physique Competitor
- Placed Top 3 in multiple shows
- Football, lifting, running and jogging
- Intramural Football Champion



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

Club ID: 212