

# Mike S.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Asian Studies from University of California, Berkeley
- BS in Management Studies from University of Maryland
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- US Navy Command fitness leader
- Ironman/triathlon
- Lost over 80 pounds of body fat
- Travel and foreign languages



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 213

