

Alden S.



Certified Personal Trainer
Master Trainer
Group X Instructor
Assistant Fitness Manager
TC24 Coach
Team Member Since: 2010
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Sports Science from Rockhurst University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

Working out
Playing basketball
Spending time with family
Music



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 218