

Maria S.



**Certified Personal Trainer
Team Member Since: 2011**

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Working out
- Ultimate frisbee
- Speed rope
- Art
- Spending time with family



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

24hourfitness.com/personaltraining

Club ID: 304