

# Denise S.



**Certified Personal Trainer**  
**Team Member Since: 2003**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Exercise and Physical Education from Arizona State University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Triathlons
- Skiing
- Golfing



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

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

Club ID: 430

