

Sammy S.



Master Trainer
Fitness Manager
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from Hardin Simmons
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Family
- Sports
- Traveling



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

24hourfitness.com/personaltraining

Club ID: 373

