

Stephen T.



**Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2012**

Education & Certifications

- Personal Trainer Certification from Glendale Community College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Spending time with my family
- Hiking, Running, Wake boarding
- Watching and participating in sports such as football and basketball
- Creating fun and new exercises for myself and my clients
- Going to the movies



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 374