

# 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,  
scan this code with your smart phone or visit:

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

Club ID: 374