

# Brian S.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2001**  
**Sessions Serviced: 15,000 +**

## Education & Certifications

- BS in Kinesiology from University of Texas Austin
- AED (Automated External Defibrillator)
- 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

- Tae Kwon Do
- Volleyball
- Swimming
- Action movie fan
- Proud husband and daddy!!



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 393

