

Matthew S.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Health and Exercise Science from Wake Forest University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Weightlifting
- Cooking
- Spending Time with my Family



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

24hourfitness.com/personaltraining

Club ID: 412

