

# Sayoko U.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Kinesiology from California State University of East Bay
- AED (Automated External Defibrillator)
- CPR Certification

## Hobbies and Achievements

- Speaks fluent Japanese
- Sporting events
- Working out



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

Club ID: 532

