

BJ S.



Master Trainer
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from California State University San Jose
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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

- Anything in the sun
- Soccer
- Troga (treadmill yoga)
- Zumba



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

24hourfitness.com/personaltraining

Club ID: 595

