

# Cindy S.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Education from Arizona State University
- MA in Education from Northern Arizona University
- 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
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

Certified Therapeutic Pilates for Rehab  
Certified Conservative management of Patients w Sacroiliac Joint disfunction  
Functional Strength Training for Aging Spine  
Certified RockTape Training  
Nutrition, Martial Arts, Kickboxing, Interval Training, Dance



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

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

Club ID: 658