

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,
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24hourfitness.com/personaltraining

Club ID: 658