

Cody S.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2010**

Education & Certifications

- BA in Physical Education from Hastings College
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

Hobbies and Achievements

- Cycling
- Outdoor Activities
- Running
- Hanging out with friends



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

24hourfitness.com/personaltraining

Club ID: 686