

# Arlene S.



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

## Education & Certifications

- BS in Kinesiology from University of Houston
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Basketball
- Played college basketball
- Completed Houston Marathon



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

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

Club ID: 689