

Nathan S.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BS in Biology from Chabot College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Tennis - played competitively through college
- Hiking and running
- Snow boarding
- Motorcycle riding
- Weight lifting



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

24hourfitness.com/personaltraining

Club ID: 802