

Adrienne S.



Certified Personal Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2014

Education & Certifications

- BS in Exercise and Wellness from Brigham Young University
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Completed California International Marathon on December 8th, 2013
- Rock Climbing
- Reading
- Triathlons



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

24hourfitness.com/personaltraining

Club ID: 807

