

Teddy S.



Certified Personal Trainer
Master Trainer
TC24 Coach
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Health & Exercise Science from Centenary College of Louisiana
- 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
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

Coaching-Baseball/Softball
Snowboarding
Wakeboarding
Live Music



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

24hourfitness.com/personaltraining

Club ID: 811

