

Sydney B.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Kinesiology from California State University, San Marcos
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

Hobbies and Achievements

- NCS champion - 3 years
- Playing soccer
- Cooking
- Traveling



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 812