

Aaron U.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology from California Polytechnic State University, San Luis Obispo
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Cycling-Cyclocross, Mountain biking, Road biking
- Hiking with my wife and dogs
- Running
- Photography



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

Club ID: 886