

Greg S.



**Certified Personal Trainer
Team Member Since: 1994**

Education & Certifications

- BA in Criminal Justice from George Washington University
- MS in Management from John Jay College of Criminal Justice
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor
- USA Weightlifting Certification

Hobbies and Achievements

- Division I NCAA Water Polo - 4 years
- Krav Maga Practitioner since 1994
- Tactical Fitness Instructor for SWAT and Special Operations Forces
- Adventure racing and trail running
- Mountain biking



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

Club ID: 887