

# Skyler M.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Kinesiology from San Jose State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Football Training and Coaching
- Track and Field
- Basketball
- Healthy Cooking



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 887