

# Emily S.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Political Science, African Studies from Indiana University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Former Division-I Collegiate Water Polo Player
- Dragon Boating
- Underwent spinal fusion surgery, recovered, and returned to college athletics
- Open Water Swimming
- Functional Movement Training



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 955