

SEAN REMMERT

Personal Trainer

EDUCATION & CERTIFICATION

- Bachelors of Art in Health, Exercise, and Sports Sciences
- Minor in Psychology

Certifications:

- ACE - Certified Personal Trainer
- CPR/AED Certified

ACHIEVEMENTS:

- Captain of the swim team for three years at Monte Vista
- Diablo Valley Collge Swim Captian
- Served on the Pacific Student Athletic Advisory Committee
- Competed for a D1 team

HOBBIES/SPECIALITIES:

- Swimming
- Hiking
- Taking Polaroid pictures
- Hanging out with my dog
- Baking

PHILOSOPHY

"Try not having too many what-if scenarios in your fitness journey. Focus on what can happen now".

