

# Mara C.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BA in Kinesiology from Montana State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Play soccer, golf, ski, snowboard, hike, and run
- EMT Certified 2013
- TRX RIP Training Certified 2013
- Coach soccer and volleyball
- US Soccer Coach-E License; 2012



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

Club ID: 024