

Brittney M.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2009**

Education & Certifications

- BS in Foods and Nutrition from San Diego State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Schwinn Certified Cycling Instructor, 2011
- Interned with the Network for a Healthy California, 2010-2012
- On track to become a Registered Dietitian
- Knowledgeable on vegetarian diets
- Preferred method of working out is kettle bell training



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