

Michele S.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Personal Training Institute of Colorado - Personal Training Certification

Hobbies and Achievements

- Played extensive volleyball and soccer in Brazil
- Passion for surfing, snowboarding and the outdoors



For more info about this trainer,
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24hourfitness.com/personaltraining