

# Mike A.



**Master Trainer**  
**Team Member Since: 1997**  
**Sessions Serviced: 20,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

## Hobbies and Achievements

- I like going to the movies; science fiction but not scary movies
- Animals. I have 2 dogs and 2 cats but I am more of a dog person
- I am addicted to sweet things, especially Reeses pieces



For more info about this trainer,  
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