

# Benoist M.



Team Member Since: 2011

## Education & Certifications

- BA in Philosophy and Arts from Lee Feullants
- AFAA Strength Trainer
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Served 5 years in French Special Forces
- Fluent in French
- Rock climbing, self-defense, and weapon techniques



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

Club ID: 143

