

Nicole M.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Four year letterman soccer and softball
- Two years division 1 college soccer CSUF
- Completed six half marathons for charities
- Lost 40 pounds in 2010
- Two year CIF MVP womens soccer



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 156