

Kat M.



Master Trainer
Team Member Since: 2013
Sessions Serviced: 2,000 +

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

Hobbies and Achievements

- 5k and distance running
- Tough Mudder Competitions
- Former competitive swimmer
- Certified EMT-Basic
- Furthering my education



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