

Seth M.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Biology from Dixie State College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Anything Athletic and Competitive
- 2006-2010 All Conference Defensive Back
- 2006-2010 All Academic GNAC
- Dixie State Single Season Pass Break Up Record 2009



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

24hourfitness.com/personaltraining

Club ID: 204

