

Alex M.



Master Trainer
Team Member Since: 2001
Sessions Serviced: 20,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Advanced Sports Fitness

Hobbies and Achievements

- Working out
- Meeting new people



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

24hourfitness.com/personaltraining

Club ID: 215

