

# Cat M.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Nutrition Science from Kaplan University
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Tae Kwon Do
- Body building
- Healthy cooking



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

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

Club ID: 323