

George M.



Team Member Since: 2006
Sessions Serviced: 10,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Nominated trainer of the year 2012
- Made first round on So You Think You Can Dance 2009
- Performance enhancement training
- Muscle imbalance correction training
- Dance



For more info about this trainer,
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24hourfitness.com/personaltraining