

# Maria N.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**

## Education & Certifications

- BA in Management from US Military Academy at West Point
- MA in Business Administration from Marymont University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Ironman Florida - 2011 finisher
- Triathlons
- Family Time
- Hiking
- Reading



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