

# Valerie M.



**Master Trainer**  
**TC24 Coach**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Studio Painting from the University of Houston
- 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 - Certified Group Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Biking and running
- MS 150, Wounded Warrior Projects
- Painting, drawing, manga, cooking and food
- Carpentry, sculpting and astronomy



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

Club ID: 334