

Matt E.



Master Trainer
TC24 Coach
Team Member Since: 2001
Sessions Serviced:20,000 +

Education & Certifications

- BA in Kinesiology Applied Physiology from University of Colorado Boulder
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Weight Loss Specialist
- TC24 Coach

Hobbies and Achievements

- Granted 3 U.S. ski patents 2005-2013
- Featured client on Good Morning America 2013



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

24hourfitness.com/personaltraining

Club ID: 337