

Alec M.



Certified Personal Trainer
Master Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2012
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Master Fitness Specialist
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Mountain biking
- Tactical range shooting
- 48 hour mysteries
- Motivational speaking
- Motorcycling



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