

# 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,  
scan this code with your smart phone or visit:

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