

Machon T.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Exercise Science from Lamar University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- College Baseball Player
- Basketball
- Movies
- Music



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

24hourfitness.com/personaltraining

Club ID: 353