

# Lindsey M.



**Certified Personal Trainer**  
Team Member Since: 2011

## Education & Certifications

- BS in Exercise Science from Lindenwood University
- 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

## Hobbies and Achievements

- Running
- Reading
- Photography



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

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