

Fred M.

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer



Certified Personal Trainer
Team Member Since: 2011

Hobbies and Achievements

- Date night with my wife
- Playing with my kids
- Mountain biking



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

24hourfitness.com/personaltraining