

Kim M.



Master Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- Professional Fitness Instructor Training
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- CrossFit Level 1 trainer
- Watching college sports
- Playing sports, triathlons, water skiing
- Listening to live music & hanging out at the pool!
- Chihuahuas



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