

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

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

Club ID: 373