

Paige M.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Health & Exercise Science from Colorado State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Extreme sports
- Strength and conditioning
- Soccer coach
- Music



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

24hourfitness.com/personaltraining