

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

Club ID: 373