

Brenton M.



Assistant Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Integrated Flexibility Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

I am a rock climbing guide.

Light weight bodybuilding competitor in 2008.

I really enjoy ding races with friends and clients like the spartan race.

Nutrition is my friend and I am a master cook/ BBQ king.

Balance in life is important for success. See ya soon.



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24hourfitness.com/personaltraining