

Margaret D.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BS in Organizational Communication from University of Portland
- AAS in Fitness Technology from Portland Community College
- AAS in Gerontology from Portland Community College
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

Hobbies and Achievements

- Road Cycling: Seattle to Portland and Cycle Oregon Weekend Rides
- Running: Favorite events are Half Marathon and Pole, Peddle, and Paddle
- Hiking: Hiked 31 miles on my 31st birthday
- Traveling: Lived in Germany for 3 years and visited one new country a month
- Swimming: Certified Water Safety Instructor



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

24hourfitness.com/personaltraining