

# 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



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

Club ID: 413

