

# Kara M.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BA in American Studies and Journalism from University of Notre Dame
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Sports Reporter for Fox 12
- Anything Outdoors with my Family
- Skiing and Waterskiing
- Hiking
- Training for Athletic Events



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 415