

# Micah A.

## Education & Certifications

- American Council on Exercise - Personal Trainer Certification
- 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 - Performance Enhancement Specialist



**Certified Personal Trainer**  
**Team Member Since: 2008**

## Hobbies and Achievements

- Drum/music
- Sports
- Weight training



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