

Sergio M.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- 10 years competitive soccer player in Italy
- Studied Law at the University of Turin, Italy
- Running
- Weight Lifting
- Cooking and Wines



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 502