

Megan C.



Master Trainer
Group X Instructor
Team Member Since: 2008

Education & Certifications

- BA in Journalism and Mass Communications from University of Northern Colorado
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Lifestyle and Weight Management Coach
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Advanced Personal Fitness Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Traveling
- Dancing
- Triathlons
- Boxing



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

24hourfitness.com/personaltraining