

# 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



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