

Meaghan R.



Certified Personal Trainer
Fitness Manager
Team Member Since: 2004
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Psychology from University of Hawaii, Manoa
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Traveling
- Volleyball
- Soccer
- College Football



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