

# Micaah N.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2006**

## Education & Certifications

- BS in Finance/Economics from Southern Oregon University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Hiking and Running
- Tennis
- Working Out
- Spending Time with my Family
- Bikini Fitness Competitor - 2012



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)