

Sophia M.



Certified Personal Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Playing competitive softball
- Coaching youth sports
- Teaching intense boot camps
- Nutrition
- Working out hard and heavy



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

24hourfitness.com/personaltraining