

Amelia M.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AA in Health and Fitness from Bryan College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Running
- Hiking
- Paddle boarding



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

24hourfitness.com/personaltraining

Club ID: 592