

# Melissa T.



**Certified Personal Trainer**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Art and Design from California Polytechnic State University, San Luis Obispo
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- TRX Rip Trainer Certified
- Running
- MMA - Boxing and Muay Thai Boxing
- Yoga
- Art - drawing, visiting museums and galleries



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