

Meghan R.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BA in Psychology/Justice Studies from University of New Hampshire
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- Football
- NPC competitions
- Hiking and hunting
- Hockey
- Cooking and nutrition



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 658