

Stephanie M.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2011

Education & Certifications

- BS in Nutrition and Foods from Texas State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Mountain biking
- Reading
- Movies
- Spending time with my kids



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

24hourfitness.com/personaltraining

Club ID: 658