

# Meredith M.



**Certified Personal Trainer**  
**Team Member Since: 2008**

## Education & Certifications

- BS in Exercise Science from Metropolitan State College of Denver
- 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
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Played Division 1 Soccer
- Have participated in many triathlons
- Team trainer for sports teams ranging in ages from 5-18
- I love water sports, hiking, and mountain biking



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 663