

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



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24hourfitness.com/personaltraining

Club ID: 663