

Micah F.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Health Education from Texas Southern University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Playing sports
- Speed, quickness, and agility activities
- Running
- Interacting with my dogs
- Socializing with people from all walks of life



For more info about this trainer,
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