

Rainey M.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from University of North Texas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Master Fitness Specialist
- 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
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Cooking
- Spending time with family
- Weight training



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