

# Meredith C.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Sociology from University of Texas
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Mud runs
- Softball
- Outdoor water activities
- Hanging out with friends and family



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

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