

Michelle K.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification

Hobbies and Achievements

1st Degree Black Belt 2004 (Ninbukai)
Bodybuilding/Weight training/Crossfit activities
Spending time with my husband and children
Full-time student at UNO (exercise science)
Learning, Adapting, Achieving



For more info about this trainer,
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24hourfitness.com/personaltraining