

# Megan D.

## Education & Certifications

- BS in Kinesiology from Texas A&M University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- TRX Suspension Training – Certified TRX Instructor



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Run & Cycle Charity Events: (5Ks, 10Ks, Half-Marathon, & 3x MS150 finisher)
- Teaching GX Classes (Aqua, Boot Camp, Cycle, Dance, Silver Sneakers)
- Triathlon Coaching: Swim/Bike/Run (skill improvement)
- Professional Dance Team (performer & manager)



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

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