

# Carlos M.



**Certified Personal Trainer**  
Team Member Since: 2013

## Education & Certifications

- Bachelor of Science in Fitness and Human Performance from University of Houston - Clear Lake
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

## Hobbies and Achievements

- Exercise
- Cycling
- Church
- Power Lifting



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 696