

Megan D.



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

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

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

Club ID: 699

