

Nicole M.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 10,000 +

Education & Certifications

- BS in Exercise and Sports Science from University of Utah
- BS in Business with Accounting from LDS Business College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Extreme sports
- Fitness Expert in National Magazines and News Channels
- Strength and Conditioning Coaching
- Functional Training



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Club ID: 727

