

Charmayne A.



**Certified Personal Trainer
Team Member Since: 2013
Sessions Serviced: 2,000 +**

Education & Certifications

- BS in Sports and Health Sciences emphasis Pre-Sports Medicine from American Military University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

Hobbies and Achievements

- Basketball
- Weight Training
- Jogging
- CrossFit
- Hiking



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