

Ester M.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- I lost 150lbs in the years of 2010 and 2012
- Mud Runs
- Cooking
- Art



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

24hourfitness.com/personaltraining