

# Alex M.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Studied Economics at the University of Maryland
- Camping/Hiking
- Sports
- Reading
- Cooking
- Music



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

Club ID: 817