

Mary C.



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

Education & Certifications

- BS in Kinesiology from University of Maryland-College Park
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Soccer
- Running
- Crossword Puzzles
- Mt Mitchell Challenge Finisher



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

24hourfitness.com/personaltraining