

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



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