

# Meagan S.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2003**

## Education & Certifications

- BA in Book Arts from Oregon College of Art and Craft
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Gluten-free baking
- Teaching pilates and yoga
- Barefoot training
- Energy healing



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