Mechelle V.



Certified Personal Trainer Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Association Strength and Conditioning Certification
- International Sports Sciences Assoc. Fitness Therapy Certification
- International Sports Sciences Assoc. Personal Trainer Certification

Hobbies and Achievements

- Snowboarding
- Off-Roading
- Spending Time with Friends and Family



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

24hourfitness.com/personaltraining

