

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,
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