

Martha M.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Spanish Literature from San Diego State University
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Half marathon runner for 12 years
- NPC Competitor
- Cooking
- Specializes in teaching health and fitness as a lifestyle
- Spending time with family and friends



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

24hourfitness.com/personaltraining

Club ID: 872

