

Lonnie M.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2004

Education & Certifications

- BS in Exercise Science from Angelo State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- College football
- Dallas Cowboys
- Going to the lake, wind surfing & flying kites
- Bible



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