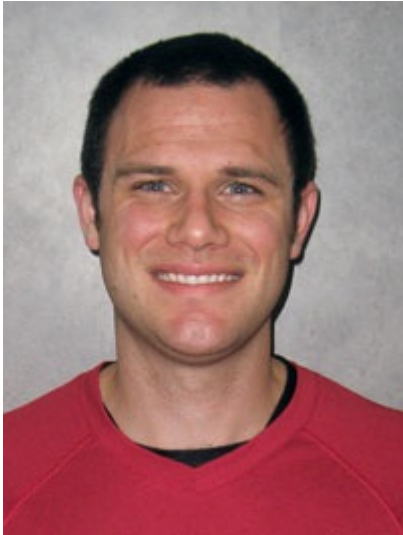


# Trevor M.



**Certified Personal Trainer  
Team Member Since: 2010**

## Education & Certifications

- BS in Kinesiology Teaching Coaching from Vanguard University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Basketball Coach 4 years
- MVP Plumas County Soccer league 2005
- Snowboarding 10 years



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)