

# Cindy M.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 1998**

## Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Most Sports
- Outdoor Activities
- Music
- Spending time with family



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

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

Club ID: 886

