

# Michelle M.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**

## Education & Certifications

- Lake Washington Tech College - Certified Personal Trainer
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Running
- Water sports



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)