

# Mike T.



**Assistant Fitness Manager  
Certified Personal Trainer  
Team Member Since: 2011  
Sessions Serviced:2,000 +**

## Education & Certifications

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

## Hobbies and Achievements

- Fitness
- Helping others
- Watching football and soccer
- Go Cougs!



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

Club ID: 886

