

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!



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

24hourfitness.com/personaltraining

Club ID: 886

