

Tristanne M.



Certified Personal Trainer
Team Member Since: 2009

Education & Certifications

- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Coached girls High School Track and Field
- Placed in Figure and Fitness Competitions
- Competitive College Cheerleader
- Surfing
- Half Marathon Competitor



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24hourfitness.com/personaltraining

Club ID: 892