

Bernadette M.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in History from University of Redlands
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Collegiate Cross Country/Track and Field
- Hiking
- Surfing and Skimboarding
- Gymnastics
- Biking



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

24hourfitness.com/personaltraining

Club ID: 905

