

# Amanda M.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Associates of Science in Nutrition from Chaffey College
- Studying to become a Dietician
- Cooking and eating healthy
- Hiking and running
- Lifting weights and being fit



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

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