

# Mera S.



**Master Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Speaks fluent Russian
- 1st Place Emerald Cup Bikini Competition - 2011
- 2nd Place Oregon Ironman Bikini Competition - 2011
- Physique competitions



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

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