

Nate M.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Education & Certifications

- BA in Humanities from University of Houston-Clear Lake
- MS in Fitness and Human Performance from University of Houston-Clear Lake
- MA in Organizational Psychology from University of Houston-Clear Lake
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Houston Astros Baseball Strength and Conditioning Coach-2010-2012
- Lancaster Jethawks Strength and Conditioning Coach-2011
- Fitness and Human Performance National Honor Society Founder-UHCL
- 5 time X-Games Participant-Professional Skateboarder since 1994
- Fitness and Human Performance National Honor Society Founder-UHCL



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24hourfitness.com/personaltraining

Club ID: 059

