

# Michelle A.



**Master Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Communications from Penn State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Miss Hawaiian Islands 2008
- Outrigger Canoe Paddling Champions Hawaii 2008
- Boston and New York City Marathons P.R. 3:06
- Super Seal Olympic Distance Triathlon 2012
- Hiking, biking, traveling, nutrition, reading spiritual/self growth books



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

Club ID: 103

