

# Anita M.



**Team Member Since: 2006**

## Education & Certifications

- BS in Health Fitness & Recreation from Bob Jones University
- Apex Nutrition
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Trains and competes for figure competitions
- Has completed 4 mud runs
- Coaches High School Volleyball and basketball
- Over 5000 sessions trained



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 175