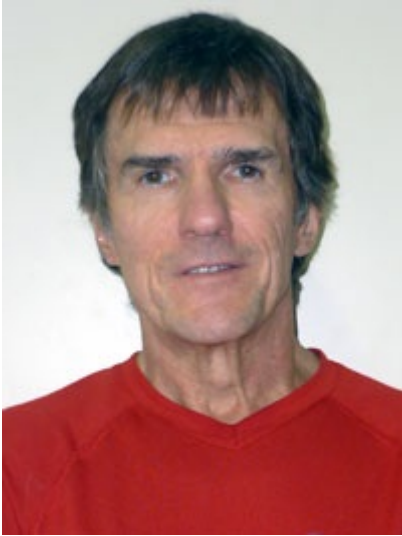


# Greg M.



**Master Trainer**  
**Team Member Since: 2002**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Exercise Physiology from University of Minnesota
- MD from University of Minnesota
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Clinical Exercise Specialist
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Running, hiking, cycling
- Working with special populations
- Age specific training



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

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

Club ID: 182