

# Mac B.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BS in Kinesiology from Washington State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Enjoy all sports especially Baseball, Basketball, and Football
- Love outdoor activities such as hiking, snowboarding
- New love for mud runs and recently ran the 2012 Temecula Tough Mudder
- TRX is one of my favorite tools to use - TRX certified (2010)



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

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

Club ID: 186