

# Matt A.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Served five years in the United States Marine Corps
- Baseball and Football
- Published in Cosumnes River College Political Science Journal



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

Club ID: 186