

# Ann M.



## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- softball
- reading
- working out
- spending time with my family



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

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

Club ID: 219