

Valerie M.



Master Trainer
TC24 Coach
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Studio Painting from the University of Houston
- AED (Automated External Defibrillator)
- 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 - Certified Group Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Biking and running
- MS 150, Wounded Warrior Projects
- Painting, drawing, manga, cooking and food
- Carpentry, sculpting and astronomy



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Club ID: 334