

Michelann T.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2010**

Education & Certifications

- BS in Animal Science from Colorado State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Equestrian sports
- Family time



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24hourfitness.com/personaltraining

Club ID: 375