

# Michael E.



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

## Education & Certifications

- MS in Exercise Science from Central Washington University
- BS in Exercise Science from Linfield College
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Track and Field - Hurdles
- Volleyball
- Raquetball
- Shuffleboard
- Dance Central on Kinect



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

Club ID: 492