

# Meaghan R.



**Certified Personal Trainer**  
**Fitness Manager**  
**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Psychology from University of Hawaii, Manoa
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Traveling
- Volleyball
- Soccer
- College Football



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

Club ID: 512

