

# Ben M.



**Team Member Since: 2008**

## Education & Certifications

- BS in Accounting from California State University Sacramento
- Over 2,000 sessions serviced
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Football
- Movies
- Snow boarding



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

Club ID: 571

