

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,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 571

