

Meredith L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Health and Exercise Science from Colorado State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Running
- Hiking
- Skiing



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 667

