

Michaela V.



Certified Personal Trainer
Team Member Since: 2018

Education & Certifications

- BA in Exercise Science/Strength and Conditioning from Hastings College
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

Hobbies and Achievements

I love the outdoors, trail running and hiking.
In my free time I love to surf or snowboard, depending on the season.
I have a passion for helping people achieve their goals through fitness and nutrition!



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

24hourfitness.com/personaltraining

Club ID: 667

