

# Michelle K.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Advanced Health and Fitness Specialist
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- Spending time with family
- Competitive powerlifting
- Continuing education
- Overall physical health



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 686