

# Timothy M.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Liberal Studies from Eastern Oregon University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

Strength Training (powerlifting)  
505 pound deadlift (2013)  
Coaching team sports  
Crossfit  
Golf and softball



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scan this code with your smart phone or visit:

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

Club ID: 849

