

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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24hourfitness.com/personaltraining

Club ID: 849