

Michelle F.



Team Member Since: 2007

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Competitive gymnast and coach
- 5k and 10k runs
- Boxing
- Hiking



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

24hourfitness.com/personaltraining