

# Conan M.

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



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

## Hobbies and Achievements

- Play recreational football and soccer
- Mud Runs and Fun Runs
- Walking my dog
- Served in the US Army



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

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

Club ID: 872

