

Trevor M.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Kinesiology Teaching Coaching from Vanguard University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball Coach 4 years
- MVP Plumas County Soccer league 2005
- Snowboarding 10 years



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

24hourfitness.com/personaltraining

Club ID: 884