

# Tristanne M.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Coached girls High School Track and Field
- Placed in Figure and Fitness Competitions
- Competitive College Cheerleader
- Surfing
- Half Marathon Competitor



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

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

Club ID: 892