

Nate D.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BA in Exercise Science from Hope College
- MA in Public health from Colorado School of Public health
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

Hobbies and Achievements

- Backcountry Skier
- Hiking
- Fishing
- Cooking and nutrition
- Adventure Races
- Nutrition Science
- Cross-Training
- Athletic Competition



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 951