

Tabu L.



Master Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Yoga Alliance Certified
- NESTA Pilates Certified
- Running
- Cooking



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