

Sofia B.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Liberal Studies from Antioch University Santa Barbara
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Traveling, Hiking, Backpacking through up mountains and down canyons
- 5 Ks, mud runs, and obstacle courses.



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