

# Sarah H.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Reading
- Playing the Guitar
- Hiking



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)