

# Tamara F.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- BS in Civil Engineering from Cal Poly San Luis Obispo
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Avid Cyclist
- Waterskiier for over 20 years
- Outdoor Enthusiast (Camping and Hiking)
- Competitive Varsity Cross Country and Track Runner in High School
- Competed in over 5 Road Running Races (5K and 10K)



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