

Sara T.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Kinesiology from California Baptist University
- MS in Kinesiology from California Baptist University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Exercise, Running, Hiking
- Reading, Research and Learning
- Recreational Softball and Soccer
- Church and Family



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24hourfitness.com/personaltraining

Club ID: 198