

Sarahi F.



Master Trainer
Fitness Manager
Team Member Since: 2004
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise Sport Science from Texas Tech University
- AED (Automated External Defibrillator)
- 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
- USA Weightlifting Certification

Hobbies and Achievements

- Cooking
- Reading
- Running



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