

# Carley A.



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

## Education & Certifications

- BS in Sports Medicine from Pepperdine University
- MA in Health Management from Lindenwood University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Finisher 6 marathons: 2005-2011
- USPTA Instructor Tennis Professional, 1990
- MVP, Captain, High School Tennis, 1984
- Prenatal Yoga Certification, 1993
- Disabled Fitness Certification, 1994



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