

# Sarah M.



**Certified Personal Trainer**  
**Fitness Manager**  
**Team Member Since: 2010**

## Education & Certifications

- BS in Health and Exercise Science from Tulsa University
- MA in Health and Human Performance from University of Houston Clear Lake
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Running
- Sky diving
- Soccer



For more info about this trainer,  
scan this code with your smart phone or visit:

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

Club ID: 353

