

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



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