

# Beau F.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Theology from Calvary 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 - Fitness Nutrition Specialist

## Hobbies and Achievements

- Dancing- Pole and Burlesque
- Swimming
- Flexibility Training
- Musical Theater
- Reading and RPGs



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