

# Sarah M.



**Certified Personal Trainer  
Master Trainer  
Team Member Since: 2009  
Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Exercise Biology from University of California Davis
- AS in Massage Therapy from Anthem College
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Sports
- Acrobats
- Challenges
- Snowboarding
- Perinatal Specialist



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