

# Tara C.



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

## Education & Certifications

- BA in Psychology & Communication from Carroll College
- BS in Speech & Hearing Sciences from University of Washington
  
- 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 - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- My Family
- Soccer
- Outdoors & Mud Runs
- Fitness
- Continuing Education



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