

Sara H.



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

Education & Certifications

- BA in Psychology from University of Colorado, Boulder
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Trapeze Performance
- 24 Hour Fitness Bootcamp Training
- Swimming
- Professional Bellydancing
- Gardening



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