

# Sarah G.



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

## Education & Certifications

- BS in Kinesiology from California State University San Francisco
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Traveling
- Health and fitness
- Working with people
- Sports
- Delicious food



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)