

Sarah G.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Education & Certifications

- BA in Arts from Victorian College of the Arts
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Qualified Personal Trainer in USA, NZ, Aus, Canada
- Les Mills BodyPump Instructor
- Have run 4 marathons to date, more to come!
- I love hiking, swimming, boarding - anything outdoors!



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

24hourfitness.com/personaltraining

Club ID: 548