

# 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](https://24hourfitness.com/personaltraining)