

Sarah S.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Education from Concordia University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Coaching Volleyball
- Reading
- Camping
- Watching Movies
- Spending Time With My Family



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