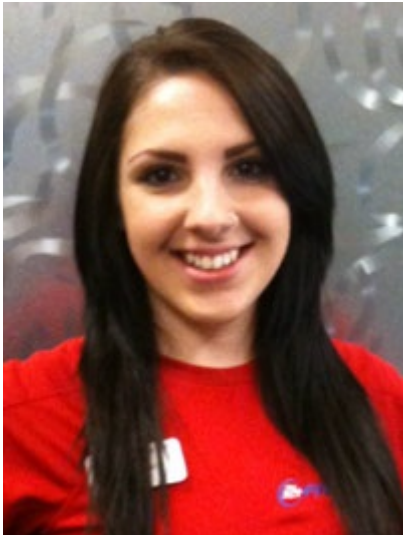


# Sierra F.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Hiking
- Backpacking
- Body Building / Figure Competitions
- Volleyball



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

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

Club ID: 583