

Sarah M.



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

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Playing and Coaching Volleyball
- Hiking
- Going to the Beach
- Played Collegiate Volleyball 2005-2008



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 598