

Sarah W.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from Texas A&M University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor
- USA Weightlifting Certification

Hobbies and Achievements

- Movies
- Music
- Being outdoors



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

24hourfitness.com/personaltraining

Club ID: 676

