

# 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



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