

Sarah O.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- NPC Bikini Competitor
- Outdoor Activities
- Dance
- Running



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