

Elizabeth P.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Architecture from Texas Tech University
- MA in Architecture from Texas Tech University
- NASM SFS - National Academy of Sports Medicine - Senior Fitness Specialist

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Music
- Architecture
- Food
- Yoga



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