

# Sonia Y.



Team Member Since: 2007

## Education & Certifications

- BS in Health Science from California State University Fullerton
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Marathon running
- Road biking
- Dance-Zumba and Drill Team
- Skiing for over 20 years
- Fluent in Spanish



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