

Cara P.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BA in Intercultural Studies and Interdisciplinary Kinesiology from Biola University
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Spinning, 24Cycle, and teaching classes
- Being outdoors and hiking
- Farmers Market



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24hourfitness.com/personaltraining