

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



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 906

