

Liz P.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology from Cal State University, San Bernardino
- MA in Education from Cal State University, San Bernardino
- AED (Automated External Defibrillator)
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Won 2nd place on a 10k for my division



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