

# Amiah T.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Hobbies and Achievements

- Bodybuilding Figure Competitions
- 2nd Place Bikini Class B - NANBF Washington State Natural
- Volleyball
- Coaching Gymnastics
- TRX and Circuit Training



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 954

