

Sarah M.



Master Trainer
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Journalism from University of Oregon
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Triathlons and marathons
- Basketball
- Drawing, photography and painting



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