

# Sofia B.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Liberal Studies from Antioch University Santa Barbara
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Traveling, Hiking, Backpacking through up mountains and down canyons
- 5 Ks, mud runs, and obstacle courses.



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 098