

# Sara A.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification

## Hobbies and Achievements

- Loves spending time with family
- 15 years experience in competitive dance
- Amateur figure competitor
- Enjoys running and biking



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

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

Club ID: 111