

# Tamara M.



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

## Education & Certifications

- BA in Spanish from California Polytechnic State University, Pomona
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Body Building, High Intensity Interval Training (HIIT)
- Hiking, Competition training, 5k Runs, 10k Runs



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

Club ID: 116

