

# Tessa P.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- BS in Kinesiology from Whittier College
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Reading
- Running
- Lacrosse
- Food Network
- Hiking
- Biking



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Club ID: 186