

# Sarahi F.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Exercise Sport Science from Texas Tech University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- USA Weightlifting Certification

## Hobbies and Achievements

- Cooking
- Reading
- Running



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

Club ID: 334

