

Sarah M.



Certified Personal Trainer
Fitness Manager
Team Member Since: 2010

Education & Certifications

- BS in Health and Exercise Science from Tulsa University
- MA in Health and Human Performance from University of Houston Clear Lake
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Running
- Sky diving
- Soccer



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

24hourfitness.com/personaltraining

Club ID: 353

