

# Sarah K.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- PTA Global - PTA Global PT Certification
- TC24 Coach

## Hobbies and Achievements

- Hiking
- Hot Yoga
- New England Patriots
- Volleyball
- Traveling



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

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

Club ID: 399