

Tara C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Psychology and Communication from Carroll College
- BS in Speech & Hearing Sciences from University of Washington

- 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 - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- My Family
- Soccer
- Outdoors and Mud Runs
- Fitness
- Continuing Education



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Club ID: 492