

Tarah B.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Exercise and Sport Science from Oregon State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Division I Softball Player (4 years)
- Playing and Watching Sports
- Traveling
- Outdoor Activities



For more info about this trainer,
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