

Ariana P.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from Sonoma State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- 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
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Massage Therapy and Health Education certification from National Holistic Institute
- Team sports: volleyball, basketball, softball
- SSU Softball Alumni
- Massage therapy
- Cycling



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24hourfitness.com/personaltraining

Club ID: 510