

# Sarah G.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2008**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Kinesiology from California State University San Francisco
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

Nor Cal State Womens Soccer 2000-2002  
California Ranked USTA 1997-2002  
Foodie  
Traveler



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

Club ID: 547

