

# Sarah M.



**Certified Personal Trainer  
Team Member Since: 2010**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Playing and Coaching Volleyball
- Hiking
- Going to the Beach
- Played Collegiate Volleyball 2005-2008



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

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

Club ID: 598