

# Tabitha T.

## Education & Certifications

- BS in Commercial Corporate Fitness with a Concentration in Health and Wellness from Radford University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal  
Trainer**  
**Group X Instructor**  
**Team Member Since:**  
**2013**

## Hobbies and Achievements

- Hiking
- Rugby
- Time with Family and Friends
- Photography
- Music



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