

# Elizabeth P.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Architecture from Texas Tech University
- MA in Architecture from Texas Tech University
- NASM SFS - National Academy of Sports Medicine - Senior Fitness Specialist
  
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Music
- Architecture
- Food
- Yoga



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Club ID: 882