

# Sarah K.



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

## Education & Certifications

- BS in Exercise Science from University of Wyoming
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- USA Weightlifting Certification

## Hobbies and Achievements

- NCAA Div I. Soccer at University of Wyoming
- Beach Volleyball- 7 Years Experience
- Rugby- Semi Pro Womens League- Belmont Shores
- Functional Movement Screening Certified



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 884

