

Amiah T.

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer



Certified Personal Trainer
Team Member Since: 2012

Hobbies and Achievements

- Bodybuilding Figure Competitions
- 2nd Place Bikini Class B - NANBF Washington State Natural
- Volleyball
- Coaching Gymnastics
- TRX and Circuit Training



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

24hourfitness.com/personaltraining

Club ID: 954

