

Sophia S.



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

Education & Certifications

- BA in Anthropology from Beloit College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Swimming
- Biking
- Hiking
- Rock Climbing
- Running



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 958