

# Sara Jackson

INSTRUCTOR

## EDUCATION & CERTIFICATIONS:

- Bachelor of Fine Arts from California Institute of the Arts

Certifications:

- American Council on Exercise Certified Personal Trainer
- Certified Les Mills BodyPump Instructor
- Certified Les Mills GRIT Instructor
- Certified LIFT Instructor

## ACHIEVEMENTS:

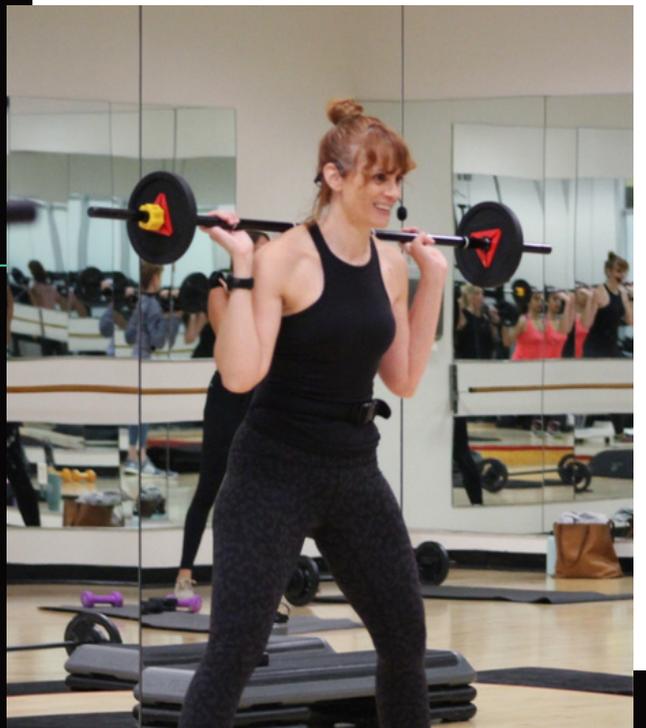
- Mother of two

## HOBBIES:

- Bodybuilding
- Tap Dancing
- Sleeping

## PHILOSOPHY:

“You can hit all your goals with a balance of cardiovascular training, diet, and resistance training. Losing weight is a side effect of a healthy lifestyle! So let’s get started”!



BREA  
**FITNESS**