

Dee S.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2006

Education & Certifications

- BA in Education from MSU
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Les Mills Body Combat, Body Pump and CX Works Instructor
- Being a Mom
- Traveling and Hiking
- Gardening



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

Club ID: 073