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, scan this code with your smart phone or visit:

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