

Janet S.



Team Member Since: 1995

Education & Certifications

- TRX Certified
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Reflexology
- Quantum physics
- Traveling
- Being outdoors



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