Shea S.



Certified Personal Trainer Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. Personal Trainer Certification
- National Council on Strength and Fitness Personal Trainer

Hobbies and Achievements

- Functional Fitness and Nutrition
- 2013 Finished in top 100 in the Super Spartan Race out of 3000+
- 2008 Wrestling/Made all Navy Wrestling team while in military
- 2011/2012 Compete in Marathons
- 2013 Currently attending school for Sports medicine and Business Management



For more info about this trainer, scan this code with your smart phone or visit:

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