

# Sheila B.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Business Administration from Illinois State University
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Las Vegas Spartan Race 2013
- Spend time with friends and family
- Having fun and staying active



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)