

# Sheila L.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AA in Dance from Brockport State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Yoga
- Boxing
- Improvisational Dance Ensemble - New York
- Long distance running



For more info about this trainer,  
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