

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



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