

# Annie S.



**Master Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AS in Applied Science With A Major In Business And Marketing Management from J. Sergeant Reynolds Community College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Over 20+ yrs. of competitive Soccer
- Completed 7 Full Marathons and Counting
- Competes in Tough Mudder/Spartan Runs
- Competitive Triathlete in Ironman Events



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