

# Shannon S.



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

## Education & Certifications

- BS in Exercise Science from Florida State University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Gymnastics Coach
- Sports
- Reading



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)