

# Shondra H.



**Certified Personal Trainer**  
**Team Member Since: 1999**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Physical Therapy
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Ranked 13th Internationally in sled dog racing 2004
- Finished top 5 in a National level body building 2005



For more info about this trainer,  
scan this code with your smart phone or visit:

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

Club ID: 326