

# Sherry D.

## Education & Certifications

- BA in Business Administration from Bellevue University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2004**  
**Sessions Serviced:5,000 +**

## Hobbies and Achievements

- Being a mother
- Teaching GX Classes-Cycle and Yoga
- Dancing



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

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

Club ID: 345

