

# Sharlyn T.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- 2008 Texas Shredder Classic - Open Figure, Class A, 2nd Place
- 2008 NPC Lonestar Classic - Open Figure, 4th Place
- 2007 INBF Alamo Showdown - Open Figure, Class A, 3rd Place
- 2007 OCB Texas Shredder Classic - Novice Figure, Class A, 4th Place



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

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

Club ID: 372