

# Nicole S.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Speech Communication from University of Texas Austin
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Family
- Friends
- Reading
- Running



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