

# Shannon W.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Radio-TV-Film from University of Texas
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Former National Ice Dancer, 1980-1983
- US Figure Skating Judge, 2011-present
- Reading science fiction novels
- Walking my dogs
- Traveling



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