

Shelley K.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Communications from The University of Texas at Austin
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council for Certified Personal Trainers - Future Fit Inc.

Hobbies and Achievements

- CrossFit Level 1 Trainer
- AFAA Group & Aqua Training
- Community Building
- Hiking, Camping, Rock and Tree Climbing



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 377