

Shawn L.



Certified Personal Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist

Hobbies and Achievements

- Traveling
- Water sports
- Competitive cheerleading



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

24hourfitness.com/personaltraining