

Shelly L.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Education & Certifications

- MA in Educational Leadership from City University of Seattle
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Writing
- Hiking
- Cooking



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