

Shelly C.

Education & Certifications

- BS in Psychology from Sacramento State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer



Certified Personal Trainer
Team Member Since: 2012

Hobbies and Achievements



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

24hourfitness.com/personaltraining

Club ID: 552

