

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



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