

Alison S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Public Relations from Northwest Missouri State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- University Captain, Womens Soccer 2007
- Passion for Wellness & Nutrition
Lost over 35 pounds through adjusting health & fitness



For more info about this trainer,
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