

# 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,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 632

