

# Shanel D.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Sports & Fitness Management from University of Nevada Las Vegas
- BS in Kinesiology from University of Nevada Las Vegas
- AD in Business Management from Flathead Valley Community College
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Taking my son to the park
- Round Rock Express games
- Basketball
- Kayaking



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