

# Shannon L.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BS in Exercise Science from Creighton University
- BA in Psychology from Creighton University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Half Marathons and Full Marathon
- Going to the beach
- Creighton Crew Team
- Wrestled in high school
- Hiking



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