

Shina T.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AA in Kinesiology from Northlake College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

Hobbies and Achievements

- Circuit training
- Sports Fitness Nutrition 2013
- CrossFit



For more info about this trainer,
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24hourfitness.com/personaltraining