

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

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