

# Sherri S.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2011**

## **Education & Certifications**

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## **Hobbies and Achievements**

- I love teaching my cycling class/crunch time.
- Running 5ks/10ks
- NCSF workshop
- NESTA workshop



**For more info about this trainer,  
scan this code with your smart phone or visit:**

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