

# 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)

Club ID: 689

