

# Shawn D.



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

## Education & Certifications

- BS in Health Promotion and Rehabilitation from Central Michigan
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- All American Sprinter Div. 1
- Minor in Coaching
- Competitive Martial Artist
- Judo



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 862

