

Shelah D.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Biology/Chemistry from Vanguard University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Integrated Flexibility Specialist

Hobbies and Achievements

- Competitive Gymnast, 11 years
- Muscle Activation Technique Specialist
- Travel
- Cook
- Spearfishing



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Club ID: 862