

# 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



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

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