

Shelley J.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Division 2A Colligate Dance And Cheer National Champion 2005
- DANCE! Ballet, Tap, Jazz, Hip Hop, And Contemporary
- Festival Ballet Theater- Featured Soloist & Corps member 1997-2001
- Favorite sport: football



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