

Shannon K.



Team Member Since: 1998

Education & Certifications

- BA in Kinesiology from University of North Texas
- Over 2000 session serviced
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- USA Weightlifting Certification

Hobbies and Achievements

- Soccer
- Dancing, drill and cheerleading
- Sky Diving
- Snow Boarding
- Teaching Group Exercise classes



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