

# Ashlee S.



**Master Trainer**  
**Team Member Since: 2005**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology from California State University San Diego
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Figure Competitions
- Dancing
- Working Out
- Outdoor activities



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