

Shawna R.



**Certified Personal Trainer
Team Member Since: 2010**

Education & Certifications

- Degree in Culinary Arts from California School of Culinary Arts
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

Hobbies and Achievements

- Healthy Cooking
- Nutrition
- MVP Cross Country
- Yoga Fit Certified



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

24hourfitness.com/personaltraining

Club ID: 891

