

Shawn D.



Certified Personal Trainer
Master Trainer
Group X Instructor
TC24 Coach
Team Member Since: 2013
Sessions Serviced: 2,000 +

Education & Certifications

- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Swimming 15 plus years of USS swimming
- Bike riding all terrains
- Hiking
- Climbing
- Running for fun and races



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

24hourfitness.com/personaltraining

Club ID: 066

