

# Sharon D.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 1997**

## Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Lifestyle coaching
- Nutrition
- Dancing



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 130