

Shondra H.



Certified Personal Trainer
Team Member Since: 1999
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Physical Therapy
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Ranked 13th Internationally in sled dog racing 2004
- Finished top 5 in a National level body building 2005



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

24hourfitness.com/personaltraining

Club ID: 326