

Sherry D.

Education & Certifications

- BA in Business Administration from Bellevue University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer 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



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2004
Sessions Serviced:5,000 +

Hobbies and Achievements

- Being a mother
- Teaching GX Classes-Cycle and Yoga
- Dancing



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

24hourfitness.com/personaltraining

Club ID: 345

