

Sharlyn T.



Master Trainer
Group X Instructor
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2008 Texas Shredder Classic - Open Figure, Class A, 2nd Place
- 2008 NPC Lonestar Classic - Open Figure, 4th Place
- 2007 INBF Alamo Showdown - Open Figure, Class A, 3rd Place
- 2007 OCB Texas Shredder Classic - Novice Figure, Class A, 4th Place



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24hourfitness.com/personaltraining

Club ID: 372