

# Anne S.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- BS in Physical Education from Western Illinois University
- MS in Physical Education Administration from George Williams College
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Fitness
- Gourmet cooking
- Gardening
- German Shepherds



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Club ID: 375