

# Shelley K.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Communications from The University of Texas at Austin
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council for Certified Personal Trainers - Future Fit Inc.

## Hobbies and Achievements

- CrossFit Level 1 Trainer
- AFAA Group & Aqua Training
- Community Building
- Hiking, Camping, Rock and Tree Climbing



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

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

Club ID: 377