

# Sherrell S.



**Certified Personal Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

## Hobbies and Achievements

- NASM Womens Fitness Specialist (WFS)
- Learning Spanish
- Bodybuilding
- Hiking
- Powerlifting



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

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

Club ID: 510

