

# Shane L.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2002**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Kinesiology from Whitworth College
- BS in Sports Medicine from Whitworth College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Bodybuilding
- Nutrition
- Football
- All water sports
- Spending time with my family



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

Club ID: 540

