

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



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

24hourfitness.com/personaltraining

Club ID: 540

