

# Shelly L.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2012**

## Education & Certifications

- MA in Educational Leadership from City University of Seattle
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Writing
- Hiking
- Cooking



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 541