

Sherri S.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2011

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- I love teaching my cycling class/crunch time.
- Running 5ks/10ks
- NCSF workshop
- NESTA workshop



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

24hourfitness.com/personaltraining

Club ID: 689

