

Shannon K.



Team Member Since: 1998

Education & Certifications

- BA in Kinesiology from University of North Texas
- Over 2000 session serviced
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- USA Weightlifting Certification

Hobbies and Achievements

- Soccer
- Dancing, drill and cheerleading
- Sky Diving
- Snow Boarding
- Teaching Group Exercise classes



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

24hourfitness.com/personaltraining

Club ID: 884

