

Shannon P.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto:
Move it so you don't lose it!

Certifications/Education:

- NASM Certified Personal Trainer
- NASM Group Training Specialist
- NASM Corrective Exercise Specialist
- BLS/AED

Specializations:

- General Fitness
- Strength Training

