

AMANDA SHANNON



DEGREES & CERTIFICATIONS

- Bachelors of the Arts in Public Communications from Buffalo State College
- CPR Certified
- AED Certified
- ISSA Fitness Trainer Certification
- FitTour Group Fitness Certified

SPECIALTIES & AREAS OF EXPERTISE

All types of training including but not limited to resistance training using body weight, free weights, fit balls, circuits and core work. Amanda has further knowledge in shoulder rehabilitation exercises as well.

HOBBIES & INTERESTS

Hiking, healthy cooking, recreational soccer, kickball as well as spending time with her wonderful husband and dog.