



SHANA VERSTEGEN

Training Staff

QUALIFICATIONS:



BIO:

Shana is a TRX , American Council on Exercise, and Under Armour Master Instructor and a 6-time world champion lumberjack athlete. She also holds records as a collegiate pole-vaulter and is a nationally ranked fitness competitor. She holds a degree in Kinesiology - Exercise Science from the University of Wisconsin - Madison and is a certified personal trainer through ACE, NASM and NFPT. She works with all different fitness levels with a variety of goals with an emphasis on putting FUN into Fitness. Although comfortable with all populations, she holds a special place in her heart for children, the disabled, and overweight clients. An energetic and personable speaker, she is also the National spokesperson for the Huntington's Disease Society of America.

For more information about me and how I can help you, please visit:

<http://www.shanaverstegen.com>

- Bachelor of Science: Kinesiology – Exercise Science – University of Wisconsin – Madison
- TRX Suspension Training Master Trainer: Suspension Training, Group Suspension Training, Rip Training, Advanced Group Training, and MBody Instructor
- American Council on Exercise Master Instructor
- MyFitnessPal Author/Content Creator
- KBell Training Academy: Certified Kettlebell Specialist
- American Council on Exercise Prenatal Fitness Specialist
- Keiser M3 Certified Cycling Instructor
- National Academy of Sports Medicine (NASM): Certified Personal Trainer
- National Federation of Professional Trainers (NFPT): Personal Trainer Certification
- Red Cross: First Aid, CPR/AED and Lifeguard Certifications
- Theragun Percussive Therapy Certified Practitioner
- USA Track and Field Coaching Certification
- Karate America: Black Belt Status