

SHANNON SMITH

CERTIFIED PERSONAL TRAINER

TIER 1



MY GOAL AS
YOUR TRAINER IS
TO INSPIRE
CONFIDENCE!

Training Philosophy

“The pain you feel today, will be the strength you feel tomorrow.”

My philosophy as a trainer is finding what works for the individual. I believe in training to your specific goals rather than sticking to a generalized training routine. There is no better reward than seeing an individual overcome their expectations! I am here to help my clients find love and inspiration in the work they do.

Experience

Personal Trainer – 2021

USA Swim Coach - 2019

Aquatics Instructor - 2017

Certifications

- EXOS Fitness Specialist
- EXOS Performance Specialist
- CPR/AED/First Aid for Professional Rescuers

Education

- A.A-T Kinesiology — Cañada College
- B.S. Kinesiology — Cal Poly, SLO (In Progress)

Interests

Enjoying family and friends, hiking, surfing, swimming, mountain biking, snowboarding, trying new activities, going to concerts, and eating delicious food!



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY