

## **SHAUNA NAVARRO**

### **Education**

BS Microbiology, University of WI Madison, with honors 1989

AFAA Primary Group Fitness 1999-present

Aquatic Exercise Association Fitness Professional 1999-present

Johnny G Spinning® 2000-present

ACSM Certified Personal Trainer 2006-present

IMPACT USA Volleyball 2009

USAT certified Triathlon coach 2009

Many continuing education course hours over the past 10 years on sports and fitness for children, special populations, nutrition, strength training and aerobic conditioning, knee/hip/shoulder etc.

### **Experience**

Currently employed as a Fitness Specialist for WGR center for health fitness, a medically based facility.

Volleyball commissioner and coach for Marlton Rec Council and Marlton Volleyball club 2008/9

Played HS volleyball 4 years starting setter for 3 years. Played beach volleyball in college and on various adult leagues.

Head Coach various age groups AAU youth track and field from 2002 to present

Group fitness/spin/aquatic fitness instructor from 1999 to present

Age group triathlete, first raced in 1987, had 2 children, racing again 2002-present

Ironman WI finisher in 2005 and 2007 .