

# Personal Trainer

## Ashley Stanley



### EDUCATION/CERTIFICATIONS

Bachelor of Science in Kinesiology – Stephen F. Austin State University  
Associate of Art – Kilgore College  
Cooper Institute Certified Personal Trainer  
Advanced Cardiac Life Support  
CPR  
First Aid

### ACCOMPLISHMENTS

Graduated Cum Laude from Stephen F. Austin State University  
Two-time Collegiate Cheerleading National Champion with Stephen F. Austin State University Co-Ed Cheerleading Squad  
1st place figure Class A – 2006 Ronnie Coleman Bodybuilding, Figure, and Fitness Classic

### SPECIALTY TRAINING

Two years clinical Exercise Physiology experience in Cardiac & Pulmonary Rehab  
Bodybuilding and Fitness  
Sport Specific Training  
Athletic Injury Prevention  
Cheerleading and Gymnastics