



INTRODUCING

Shannon Ng

Personal Trainer & Group Fitness Instructor



I have worked with clients from a wide range of backgrounds and fitness levels, helping them build strength and achieve their health and performance goals. I have coached student athletes to develop proper weightlifting techniques and improve movement mechanics through effective training methods. My passion is teaching sound training principles that enhance performance, reduce injury risk, and support long-term athletic development. My own fitness journey has taken me through a wide range of endurance and performance events, including triathlons, marathons, the Wright-Patterson Air Force Marathon as a member of the Air Force team, the Norwegian Foot March, Spartan Races, Ragnar Relays, and HYROX competitions. My goal as a personal trainer is to be a supportive aid in your journey toward self-improvement.

EDUCATION & CERTIFICATIONS

B.S. Movement Science, University of Michigan
Master of Public Health, Benedictine University
Certified Personal Trainer, ACSM
Certified Group Instructor, ACE
Mindful Movement Coach, ARC