

Sharon Higgins

Certified Personal Fitness Trainer

Education:

Widener University, Chester PA
Bachelor of Science in Hospitality
Management, May 99'

Experience:

- Certified Personal Trainer through AAI/ISMA (American Aerobic Association International / International Sports Medicine Association)
- Pre/Post Natal Certified Instructor through AAI/ISMA



Hobbies and Interests:

- Being a new mom and enjoying my son.
- Coming from a big and fun loving family - middle child with three brothers and a sister
- Having great friends
- Reading - especially romance and mystery
- Hiking, biking, white water rafting and basketball whenever there is time and opportunity.

Quotes and Thoughts:

- Find a pal! Everything's easier with a friend to support you.