



HOMETOWN

Winston-Salem, NC

EDUCATION

North Carolina State University
Bachelor of Science in Business Administration,
Concentration: Marketing

AVAILABILITY

Monday, Wednesday, and Friday (All Day)

CERTIFICATIONS

National Academy of Sports Medicine -
Certified Personal Trainer (NASM-CPT)

SPECIALTY

I ran Track and Field at North Carolina State University (100m, 200m, and 400m). I have a background in athletic development, sprint mechanics, and functional movement. I focus on stabilizing the muscles, functional strength training, and athletic performance enhancement for youth and adults.

MOTTO

Be the best version of yourself every day!

FAVORITE EXERCISE

Power Cleans and Sprinting

BIO

I am Shannon Patterson II. I was born and raised in Winston-Salem, NC. I am a graduate of Mount Tabor High School and North Carolina State University. I am a high school state champion, a two-time ACC Champion, and an NCAA All-American in Track. I'm currently the Sprint Track Coach at Mount Tabor High School, I run track professionally, and I train people to reach their fitness and athletic goals.



YMCA Personal Trainer

SHANNON PATTERSON