



### **FUN FACT:**

I'm a huge Saints fan, play guitar, and was once voted "Most Accident-prone" in school.

### **Education:**

B.S. Interdisciplinary Studies-LSU  
Minors: Health Sciences,  
Psychology, Sociology

B.S. Biological Sciences-UNO

### **Certifications:**

NCCPT-CPT  
ISSA-CPT  
TRX-GTC  
RedCross-LGI

### **Favorite exercise(s):**

Box Jumps, TRX, almost any competitive activity

### **Contact:**

[aseeman@ochsner.org](mailto:aseeman@ochsner.org)

# **ASHLEY SEEMAN**

## **LV3 PERSONAL TRAINER**

### **SUPERVISOR:**

- Ashley is also the supervisor for the Personal Training and Fitness Department.

### **EXPERIENCE:**

- Over a decade working at Ochsner Fitness Center
- Adolescent and Young Adult Cancer survivors program
- LSU U-Rec and Tulane Reilly Center

### ***Specialties:***

- General health and fitness
- Sport Performance
- Weight loss
- Corrective exercise
- Cancer survivor exercise programming
- Special populations

### ***Sport(s):***

- Volleyball
- Track and Field
- Swimming