

Christian W.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- MMA competition and training for upcoming fights
- Brazilian jiu jitsu practitioner and active competitor since 2010
- Muay thai kickboxing
- Bodybuilding
- Studying philosophy



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 064