

Mimi W.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in International Business/ Marketing from University of San Diego
- 24 Hour Fitness - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- GroupX Instructor
- Tennis
- Hiking
- Working Out
- Latin Ballroom Dancing



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

24hourfitness.com/personaltraining