

Gail W.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2006

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Weight Loss Success Since 2004
- Outdoor Bicycling
- Nutritional Coaching
- Fitness Advocate
- Diabetes Committee Volunteer



For more info about this trainer,
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24hourfitness.com/personaltraining