

# Kym W.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2012**

## Education & Certifications

- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Performing Arts- singing, dancing, acting
- Fitness fanatic!!!
- Sports- softball, horseback riding, hiking
- Church/Community- attend The Rock church, volunteer work
- Other- family, friends, animals, traveling, living!!!



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 103

