

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,
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24hourfitness.com/personaltraining