

# Matt W.



Team Member Since: 2007

## Education & Certifications

- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Ironman Tri-Athlete
- Teaching Cycling and Aqua class



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

Club ID: 159

