

Yaphet W.



Master Trainer
Group X Instructor
Team Member Since: 2004
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Sociology from University of Hawaii
- AED (Automated External Defibrillator)
- 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 Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Biking
- Golfing
- Basketball
- Washington State Triple Jump Champion, 1995
- All State Defensive Back, Wide Receiver, 1994-95



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

Club ID: 212

