

# 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



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