

Henryk W.



Master Trainer
Team Member Since: 1998
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Physical Education from AWF-Krapow Poland
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Cycling
- Distance running
- Physical fitness
- Spending time with family
- Triathlons



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

Club ID: 214