

# Mark W.



**Master Trainer**  
**Team Member Since: 2006**

## Education & Certifications

- BA in Theater from University of South Florida
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Watching movies
- Hiking



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