

Catherine W.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Tae Kwon Do Jr Olympics
- Collegiate rugby player
- Promotional model
- Sand volleyball competitor
- Half marathon competitor



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