

Ryan W.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2010

Education & Certifications

- BA in Kinesiology from Southwestern University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Soccer
- Adventure fun runs
- Floating the river



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