

# James W.



**Certified Personal Trainer**  
**Team Member Since: 2004**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Racing cars
- Playing guitar and singing
- Playing sports
- Spending time with family and friends



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)