

Amanda W.



Master Trainer
Certified Personal Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Health and Exercise Science from Colorado State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Skiing
- Hiking with my dogs
- Photography



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

24hourfitness.com/personaltraining

Club ID: 438

