

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