

Christy W.

Education & Certifications

- BS in Kinesiology/Human Biomechanics from University of Wyoming
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Optimum Performance Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor



Fitness Manager

Team Member Since: 2005

Sessions Serviced: 5,000 +

Hobbies and Achievements

- 24 Hour Fitness Ambassador for the London 2012 Olympic Games
- Watching the Denver Broncos



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

Club ID: 492

