

# Kawika S.



**Certified Personal Trainer**  
**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 1997**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Physical Education - Kinesiology from Whittier College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Mixed Martial Arts
- Movies
- Working Out
- Football
- Traveling



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