

# Courtney W.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Kineisiology from Marshall University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Weightlifting
- Running
- Hiking
- Gardening
- Surfing



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

Club ID: 558