

# Winston K.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Psychology from Hampton University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Full Football Scholarship (Hampton U)

Doctoral Candidate for Physical Therapy at FIU

Taught Sports Medicine at Vincennes University

Bio: I became a trainer to help motivate and teach others. I have an affinity for sports related and therapeutic exercise. I am motivated to help others achieve their goals and I am willing to go above and beyond to see those goals met.



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

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