

Wendy L.



Certified Personal Trainer
Master Trainer
Group X Instructor
TC24 Coach
Team Member Since: 2012
Sessions Serviced: 5,000 +

Education & Certifications

BS in Communication from Dallas Baptist University
Certified Sports Nutritionist from National Federation of Personal Training

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Singing
- Sports
- Family activities



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

24hourfitness.com/personaltraining

Club ID: 656

