

# Cole W.



**Certified Personal Trainer**  
**Master Trainer**  
Team Member Since: 2007

## Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Playing football, working out
- Watching the Dallas Cowboys
- Hunting and fishing
- Traveling



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

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