

Jack W.



Master Trainer
Fitness Manager
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- BA Degree in Fitness Management from Lock Haven University of Pennsylvania
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Pre/Post Natal
- Boxing
- Sports
- Development



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24hourfitness.com/personaltraining