

Ty W.



Certified Personal Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from California State University East Bay
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Marathons - completed five so far
- Snow boarding
- Dancing



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

24hourfitness.com/personaltraining

Club ID: 814

