

# Emily W.



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

## Education & Certifications

- BS in Recreational Therapy from Brigham Young University
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Teaching and Reading
- Biking and Hiking
- TRX Training and Swimming
- Finding delicious recipes to try



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 852