

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



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