

Bekah W.



**Certified Personal Trainer
Team Member Since: 2009**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Fitness competitions
- Spending time with family and friends
- Anything music
- Horseback riding
- Healthy cooking



For more info about this trainer,
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24hourfitness.com/personaltraining