

Wendy J.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2001
Sessions Serviced:15,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- USATF and NFHS Track and Field Coach
- Marathons, 38 so far, including 3 Boston
- Triathlons, Cycling, and training outdoors
- Teaching Group Exercise, Silver Sneakers
- Music, Reading, Writing, and Politics



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