

# 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



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 886