

Mitch W.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Social Science from Ohio University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Enjoys playing tournament basketball, salt or fresh water fishing
- CrossFit training
- Takes pride in having an impact on peoples lives



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