

# Arlene W.



**Certified Personal Trainer  
Team Member Since: 2006**

## Education & Certifications

- AFAA Group X
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Spending time with family
- Disneyland
- Dancing
- Zumba
- The beach



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

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

Club ID: 903