

Emily W.



Certified Personal Trainer
Master Trainer
Team Member Since: 2006

Education & Certifications

- BA in Exercise and Sport Science from Oregon State University
- AA in Physical Therapist Assistant from Mt Hood CC
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Weight Lifting
- Kayaking
- Photography



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24hourfitness.com/personaltraining

Club ID: 954

