

Thomas W.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Music, Food, and Bikes
- Cosmology
- Zumba
- Hardcore Parkour
- Bungee Jumping and Skydiving



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