

# Derek W.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2007**  
**Sessions Serviced:15,000 +**

## Education & Certifications

BS in Kinesiology from Cal State Fullerton  
MS in Exercise Science and Health Promotion from California University of Pennsylvania

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

Basketball  
Snowboarding  
Skeet and target shooting  
Playing fetch with my crazy Border Collie  
4 years experience working in physical therapy and cardiac rehab



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

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

Club ID: 195