

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

Club ID: 195