

# Ryan W.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**

## Education & Certifications

- BA in Kinesiology from Southwestern University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Soccer
- Adventure fun runs
- Floating the river



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

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

Club ID: 373