

Nate W.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- MS in Kinesiology from Dallas Baptist University
- BS in Kinesiology from Dallas Baptist University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification

Hobbies and Achievements

- Graduated with honors
- Alpha Sigma Omega honor society



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

24hourfitness.com/personaltraining

Club ID: 375