

Sam W.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
TC24 Coach
Team Member Since: 2009
Sessions Serviced:10,000 +

Education & Certifications

- BS in Marketing from Oregon State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- PTA Global - PTA Global PT Certification
- TC24 Coach

Hobbies and Achievements

Functional Movement Screen Level 1
Functional Movement Screen Level 2
Precision Nutrition
Fundamental Capacity Screen



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

24hourfitness.com/personaltraining

Club ID: 415