

Dianne W.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Rhetoric and Communication from University of Oregon
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 5k, 10K, Half Marathon Training
- Hiking, Biking, Water Skiing, Swimming
- Volunteering at Church and my kids school
- Single mother of twin boys juggling everyday



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 510