

Jen W.



Master Trainer
Team Member Since: 2008

Education & Certifications

- BA in International Relations and Italian from University of California Davis
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Running and boxing
- Bikram yoga
- Soccer and volleyball
- Traveling - especially Europe
- Playing poker



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

24hourfitness.com/personaltraining

Club ID: 515