

Debra W.



Certified Personal Trainer
Team Member Since: 1999
Sessions Serviced: 10,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Gymnastics
- Ballet and Modern Jazz Dancing
- Studying the history of medical advancements
- Studying human anatomy



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

24hourfitness.com/personaltraining

Club ID: 540

