

Kawika S.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 1997
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Physical Education - Kinesiology from Whittier College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Mixed Martial Arts
- Movies
- Working Out
- Football
- Traveling



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

24hourfitness.com/personaltraining

Club ID: 540

