

# Amanda W.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Kinesiology from San Francisco State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Bikram Yoga, Spinning, Weightlifting
- CrossFit, Functional Training, Plyometrics
- Graphic Design, Photography, Live Music



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Club ID: 545