

# Nan W.



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

## Education & Certifications

- BA in Health Sciences from SJSU
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Cooking and Fine Dining
- NPC Bikini Competitions
- Hiking and Yoga
- Strength and Conditioning Training



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 594