

Caran W.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2005

Education & Certifications

- BA in Graphic Design from Florida A & M University
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Athletics
- Music
- Reading
- Religion



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

24hourfitness.com/personaltraining

Club ID: 631