

# 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,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 631