

# Adrienne W.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2006**

## Education & Certifications

- BS in Behavioral Science and Health from University of Utah
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- Spending time with family
- Dance
- Teaching Group X



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

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

Club ID: 656