

# Wendy L.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**TC24 Coach**  
**Team Member Since: 2012**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

BS in Communication from Dallas Baptist University  
Certified Sports Nutritionist from National Federation of Personal Training

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- Singing
- Sports
- Family activities



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

