

Whitney C.

Education & Certifications

- BS in Applied Exercise Physiology from Texas A&M
- AED (Automated External Defibrillator)
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2012
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Snowboarding
- Triathalons - sprint, Olympic, Ironman
- Miss Fit competitions
- Volleyball



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 657