

# Tywana F.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Exercise Science from Clayton State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Running
- Cardio kickboxing
- Traveling
- Outdoor adventures



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

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

Club ID: 694

