

Cody W.



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

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Spending time with family and friends
- Changing lives through fitness
- Mixed Martial Arts



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

24hourfitness.com/personaltraining

Club ID: 696

