

Denise W.



**Certified Personal Trainer
Team Member Since: 2010**

Education & Certifications

- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Triathlon - 2011
- Powerlifter and Bench Press - 2009
- Cycle
- High Intensity Interval Training
- Dancing



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

24hourfitness.com/personaltraining

Club ID: 807