

# Wendy H.



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

## Education & Certifications

- BS in Social Work from University of Wyoming
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Road and track cycling
- Mountain biking and hiking
- Yoga and Pilates
- Watching my son compete
- Walking the dog and hanging out with family



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

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

Club ID: 881

