

# Emily W.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2006**

## Education & Certifications

- BA in Exercise and Sport Science from Oregon State University
- AA in Physical Therapist Assistant from Mt Hood CC
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Weight Lifting
- Kayaking
- Photography



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

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

Club ID: 954

