

# Dory L.



**Team Member Since: 2004**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Bench pressed double my weight 2012
- Taught my 3 year old daughter how to do squats and push ups 2012
- Helped my 67 year old client lose 70lbs 2012



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

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