

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,
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24hourfitness.com/personaltraining