

Andrew L.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Traveling
- Hiking
- Biking
- Rock climbing
- Kayaking



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 058