

Mike L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- California State Free Style Wrestling Champion 1982
- Graduate CNI College/Personal Fitness Training 2012
- Avid golfer and tennis player
- Love to run and workout with my wife and children



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

24hourfitness.com/personaltraining

Club ID: 063

