

Alexis L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Cage Fitness certified
- International Kick Boxing Federation Tournament 3 time winner
- Hobbies include, boxing, Muay Thai, Mixed Martial Arts, and Zumba!
- My goal is to change people lives, with health and fitness



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24hourfitness.com/personaltraining