

# William L.



**Certified Personal Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2011**

## Education & Certifications

- BS in Computer Science from Coleman University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Weight lifting, health and fitness
- Sporting events-football, MMA, body building
- Having a great time laughing with loved ones
- Expanding my knowledge of supplementation nutrition and diet planning



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

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