

# Gloria L.



**Certified Personal Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2007**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Exercise Science from Utah Valley University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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

## Hobbies and Achievements

- Track
- NPC Figure Competitor
- Watching All Sports



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)